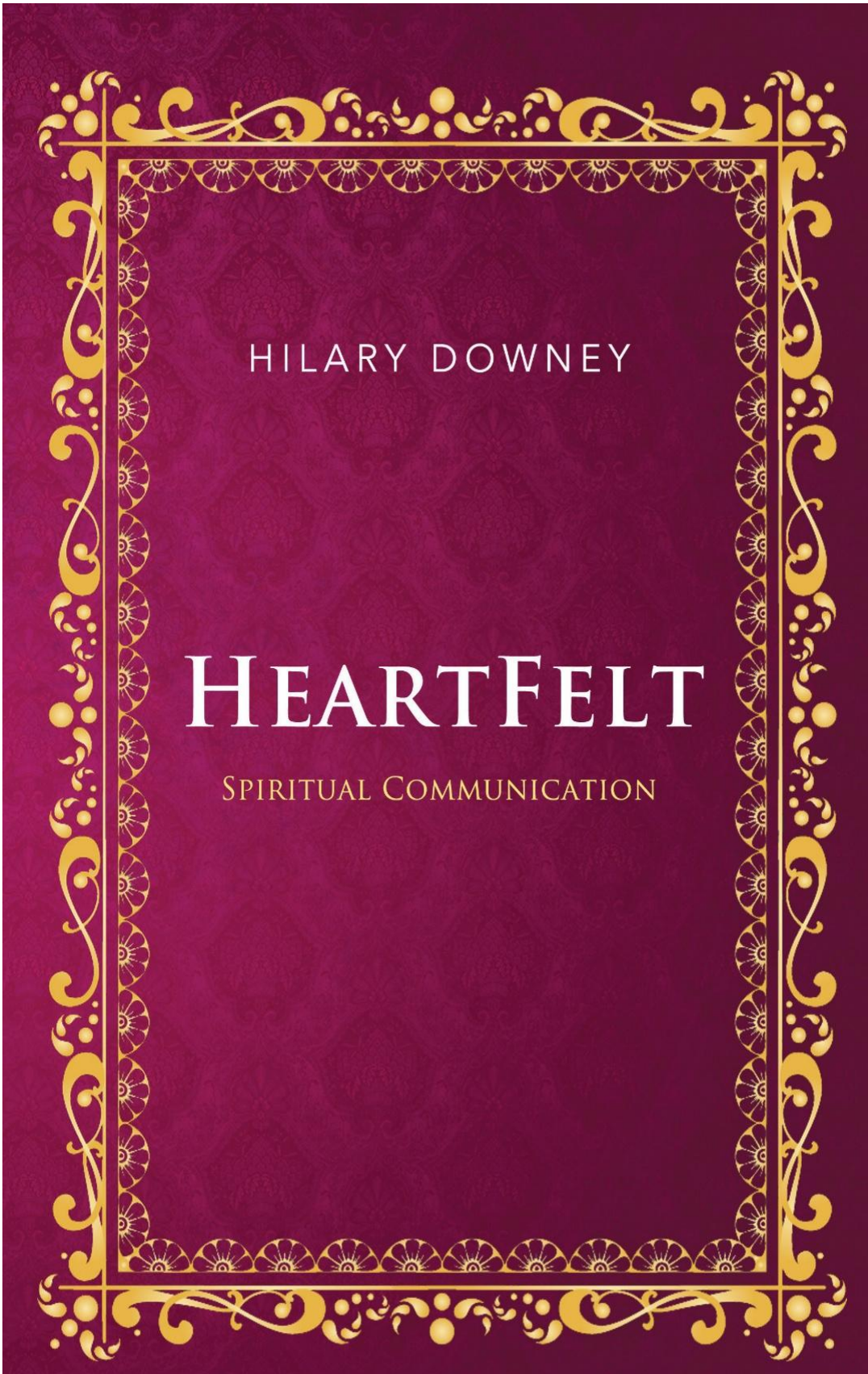
HILARY DOWNEY
HEARTFELT
SPIRITUAL COMMUNICATION

Synopsis

HeartFelt is the story of a four-year journey out of shock and grief - the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope - a collaboration between souls inhabiting two different worlds -| each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

"I am a constant presence in some form, not reliant upon your recognition through sight stop my presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can."

HeartFelt

Spiritual Communication

HILARY DOWNEY

HILDOW Book

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Hilary Downey (P.G.Dip.Trad.Ch.Acu.) was born in New Zealand, where she continues to live; working as a self-employed Traditional Chinese Acupuncturist and Tik Dah Bonesetter and writing about what is close to her heart. In her early years she was a schoolteacher and had a family of three children that has expanded to five grandchildren and five great grandchildren.

Dedication

Death is our companion in life. When he visits, he comes for the young, old, sick, healthy, poor and rich alike, so he creates a bond between all people. His visage is gentle and kind, sudden and violent, welcomed and feared.

This book is dedicated to those who are visited by Death and his companion Grief. May they find the Path of Hope that can lead them out of grief. May they be heard, understood and comforted as they reach for a new day.

Foreword

Truth is everlasting. My intense desire to meet it is etched deeply in my soul; not the easy truth that fits in with human desire, but truth that inspires change. I want to become the best I can be. I cannot choose the subjects truth wants to talk about for they are those that are reflected in my life; the greatest teacher of all.

Over a period of two and a half years a family member is subjected to a violent attempted murder while overseas, and six people close to me die, including my Love and my Sifu Master.

HeartFelt is the story of a four-year journey out of shock and grief. It is a book about accepting and bearing grief while forging a path ahead with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is so named because it is collaboration between souls inhabiting two different worlds; each mourning the loss of the other, while celebrating the future possibilities of both, achievable because of mutual support and encouragement. Personal communications and spiritual teachings intermingle, so there are few chapters.

The conduit between our physical world and spiritual worlds is constructed so the face and voice of wisdom can be seen and heard and I am receptive. During this time I seek to neither linger in the past, nor dwell upon the difficulties of the present; perceiving both as passing experiences that teach. I write of an approach in life that continues to seek direction and purpose so I ask for guidance and teachings to help me achieve the disciplines I need to vault all hurdles. I view each communication I receive as a step towards an unknown destination intended to become a place of purpose and joy.

I keep things simple. Throughout my narrative I refer to my Love and my Sifu Master as ***he;*** my nomenclature making no

distinction between them. In all communications and teachings they are portrayed as one spiritual being rather than the personalities I know and love.

Nomenclature is used to portray different relationships with the arbiters of my journey. I use the words *God, Divine, Creator,* not in a religious sense, but descriptive of the greater mind, the greater life that is impossible to comprehend. The widely used term God may be descriptive of the Lords of Creation in antiquity, resulting in the many gods of ancient civilisations. I use the word *Father* as a personal portrayal of what is possibly a Lord of Creation. I use the words *Great Spirit* to describe a greater being, so close to the Divine it also is beyond comprehension. My simplistic view lends no adherence to historical time-lines.

I talk about physical, etheric and spiritual worlds, aware that these broad terms incorporate many layers of distinction better described by more profound philosophies. I speak in general terms for everyone in the world who wants to make sense of their personal journey through life.

Year One

Introduction

There are many subjects people do not speak of. AIDS, old age, death and grief belong to these buried subjects. Perhaps it is appropriate at this time to focus upon what is taboo in our society so I address the effects of death through its companion, grief. When we have a plan for our lives we have focus and purpose but with the inertia of grief it becomes difficult to remember our focus and purpose.

Death is my teacher so I ask him to share his wisdom with me. Death is also my companion in life, making his appearance as he wills. I seek to understand his message because all that happens upon Earth belongs to us and is our concern.

There is little difference between grief and shock. Grief is mind–numbing and paralysing. The anguish of grief impacts on the lungs making it difficult to breathe. The pain of grief constricts the heart so it no longer seems to know how to beat correctly. The sorrow of grief creates a void as though a major organ in the body has been removed.

Loved ones who pass can also be in shock; feeling the grief of parting as deeply as those who remain upon Earth. Some mourn lost opportunities for growth that Earth life provides.

Whether aware or not, wherever they reside, all receive love and comfort. All are given encouragement to forge a new life that can be filled with new love and renewed hope for a fulfilling future. For all, the time of grief can lead to a time when personal dreams and destiny are actuated.

Although I speak about a time of sorrow and sadness, I want to show this time as a Path of Hope; so everyone knows their loved ones are not dead to them; so everyone knows they are not alone no matter which world they inhabit; so everyone knows that the passing, whether peaceful or violent, is release

from the pain of physical life; so everyone knows they are met and cared for by those who are familiar; so everyone knows that the pain of grief they are feeling passes in time; so everyone knows they can find the courage to allow this to be so.

You mourn.
O how you grieve.
O how you are desolate.
O how you are empty.

In what seems one gut wrenching moment both my Love and my Sifu Master pass from physical life. Most of this first year of grief is spent at home in isolation with shock and disbelief, my path only opening when it crosses with an old friend and we share a tentative social interaction. Throughout this year I receive personal communications and guidance, accompanied by a few teachings. These communications help me recover from the shock and find a modicum of reality.

Knowing something is so or believing in something does not help. What is needed in such times is a built path upon which to lay one's feet because most activities are done automatically and without thought; done because they have to be done. I have to eat. I have to clean. I have to sleep. I have to shop. There is little memory of this time, and who would want to remember?

Small steps are noble.

I cannot remember the first three days. With the numbing effect of grief, desolation sweeps through me. There is a knot in my stomach that only the cooling effect of ice-cream penetrates, even though the result of such indulgence is three months of sinus problems. There is constriction around my heart so its beat is spasmodic and weak. Thoughts and spoken

words have no relationship and the world is coloured a different hue.

Four days after his passing, while sitting in mind-numbing stupor I receive a communication. I am grateful because I am receiving a letter containing news of a loved one. I am being comforted. From this time forward I think of all personal communications as letters from afar.

There must be the need for strength to be the constant thread in our lives, for in this first communication the teachers lend me their strength. They show me that he and I have our place in the universe that continues with purpose wherever we are.

Lantern of the Torchbearer

He lit the way.
Carry on along the path he laid for you.
With more determination, follow in his footsteps.
He shone the light for you and his guidance, so true, is enough to see you through to the end of your days.

Hold the light he once lit and shine it for others so they may follow you.
You have a long way to go and still there is no rest.
He is your guiding star forevermore,
for all that remains of him upon Earth is his love,
and this is what has always guided you.

Do not be afraid. Still you are not alone.
See in the sky above you a radiation of light that is our strength and love that is with you forevermore.

Because of it, what is green is more green, and what is blue is more blue; all having a luminosity that is of the mother.
He is the finger of God and he has pointed the way.

The shock of sudden departure through death causes me to reach to the worlds of spirit for something; anything. The teachers tell me he has fallen asleep to the world of Earth and his soul is hovering, shocked at his sudden departure.

I hear his voice clearly for he needs communication as much as I. He is in shock and is grieving; needing comfort and support as much as I.

The teachers know what we need to gain strength. They know he and I need to talk to each other. They know we need their guidance and wisdom. They help us forge a path through grief so he and I can achieve acceptance of a plan greater than our wishes. Their words, *We are your people in your life,* ring in my ears down through the following years, uplifting me in all moments of pain.

Our Presence

They are coming to take me away, to a higher and more beautiful place.
I will be gone for a while but I will be back.
My love stays with you and your heart is in my pocket.
Don't forget it.

Just work. When you are sad; work.
To have people in your life is not the important thing for you.
Just love everyone and do no harm to anyone.
They are all here with me to fill your home with our love.

We are your people in your life.
We are blessing your home with water.
We keep you safe while you sleep.
Strong protection is all around outside.
No-one can see inside.

We will welcome all who enter your front door.
We will give you inspiration when you work with patients.
We will calm your mind and fill it with peace.
We will guide your thoughts and inspire your words.

We will protect your car and direct your journeys.
We will enhance your health and inspire your diet.
We will slow your heart and keep you company.

We have filled your home with our presence.
This is our gift to you while he is gone for a little while.
Work, think and rest easy in our embrace.

I am so excited. I hear his voice so clearly, I forget that he has passed. He is in the room with me. We are having a conversation and for the duration I can see him. I can feel him. I can hear him. I can sense him. He is alive to me. Only the physical touch is missing but I can sense it. The unwritten communication accompanying his words is a greeting; not a goodbye. It is au revoir; the promise of future reconciliation.

Letter to Hilary

For me to meet you is the happiest time I have.
To share my heart and speak without fear is the greatest gift in my life.
To have a friend, to be a friend, brings joy.
You gave me your beauty, your smile and your heart.
This is with me forever.

Be brave. Think of me with a smile.
Talk of me with a laugh because I can fly, and so will you.
Don't forget it. Love is forever.
Let your tears be happy for I am free to do what I want.
You do the same.

At night I cannot go to sleep until I see him. I see him with my eyes closed. I see him with my eyes open. When my eyes are open his form builds before me and he is as real as when he was here. When I speak to him he answers with loud knocks on my bedroom wall. He must be very strong to do this and he continues to answer me at night in this way for two years; such physical communication lessening as I get stronger.

He envelopes me with his love and encourages me to build a new life, as I do him, but I cannot understand how the world continues without his presence.

Living without Me from Me

You are travelling the path I have trod and I have left my mark for you to pick up.
Where you go, I have been.
What you see, I have seen.
What you feel, I have felt.
I can understand you, for already I am part of what you do.

When you laugh, I am laughing with you.
When you speak, I am listening to you. Follow in the footsteps I have laid for you and the path will lead you to where I am now.

In our lives you could not always see me but you knew I was there.
You could not always talk to me but you knew I would hear.
Just like now.

The path you are on I trod before I met you. It is harder for you for you walk it after you met me because our timing in the universe was not perfect, as nothing is perfect. When I was on this part of the path I was planning to come to where you are.

I was full of possibilities for a new life and was certain the way would open. You were there and the door opened.

Now you are full of possibilities for a new life and I am certain the way will open. Someone will be there and the door will open. As I sought a new life so will you. You do not know the day, but let it come to you for you are free to choose and free to fly. Don't waste the time.

Do the best and get the best.

With time grief diminishes. This I know. Until the time of this diminishing, I am a recluse, dependent upon spiritual communication and memories.

I am adrift, alone with this living thing inside me called grief. I cannot talk about him to anyone and even now I have told few people he has passed. Over the years a few people ask after him and my response is, '*He is good'*.

I spend my time making photographs. I learn how to take them from videos. I learn how to crop them to make headshots. I put them all together in many varied ways, making books filled with any and all memorabilia he has written or touched. I do this for hours every day.

I continue to keep the names close to my heart. Even now I do not speak his name to anyone. I can only speak to him and I am dependent.

I would like all people who suffer the pangs of grief to sit quietly and gaze through the window, allowing their hearts to reach out so they may receive beautiful thoughts of their loved ones. This is what communication is; beautiful memories, beautiful thoughts and ordinary conversations followed by impulses to do things.

The teachers draw close and encompass me in the warmth of their presence, speaking to calm my turbulent emotions.

Expectations

To fail in the world does not mean to fail your spirit. When all around is darkness your spirit shines brightly just as the rising sun dispels the night.

For twenty years you have been able to share the spirit of who you are, but now is the time to live who you are; self-assured and asking nothing; just being. Sadness buries the spirit in the darkness, causing the darkness to rejoice that a bright light is dimming. Do not let this happen.

Not all spirits are free to rejoice in life. Your way is that of the nomad who moves and lives alone; his home where he lays his head. But you have a home. It is your spirit that is nomadic; wandering freely through the Mansions of Light. Let your spirit expand. Help all who ask, but from this time forward only give the measure they ask for. Should you give more their foundation will collapse with the weight, and they will be lost.

The memory of your precious love and friendship is enough for your continued future. This is the way of a Milestone Life. In this way you live only to serve and always without hope of a return.

Be in peace.
Calm your troubled heart.
Do not feel pressured and do not have expectations.

He remains close; encouraging me to continue to strive for the life that has always been my goal. He encourages me to go to lunch with my friend who is a reassurance and he sends his thanks to her for this. I do not know the way forward but he is making me aware that a path to take me from an old life to a new life is being forged. I am to have a new way of living that provides the setting for a rich inner life.

Out of death is there not life? Is there not a way forward?

For now, I accept tears. I accept pain. I accept sleeplessness. I accept them because I know it is healthy to do so and I am determined to remain healthy. He does not want me to slip into unhealthy ways. That is no way to live. That is not the contribution of my life. My goals and purpose remain. Truth. Love. Service. I am just having a little pause while I find my lost companion, Strength.

Strength speaks to me once more.

Go out each day where there are people. Breathe in the fresh air and look around. Do not allow your eyes to cast down. Speak to a stranger each day about ordinary matters. In this way you can practise being in the world again.

For Me

I didn't look after myself as I should have.

I let my thinking and emotions destroy my health and my life.

Please do not make the same mistake I made.

Let me go from you happily and with joy.

Be well and healthy and most of all, be happy.

Live your life fully until we meet again.

You have worked hard to be healthy and get the life you have now.

Don't let it go to waste.

Put me away until another time and let your life open to others again.

I want to see you smile and I want to hear your laughter.

Please. For me.

I am suspended in time, completely unaware of its meaning. Twenty years with him have passed in the blink of an

eye and I am rudderless. Even though he also is in shock he is concerned how I cope with it. He tries in whatever way he can to help me through this time of raw vulnerability.

In this, nothing has changed. He has always looked out for my best interests, placed me on high and held me there. This he continues to do while encompassing me in his warmth. The warmth he brings is astounding, filling me completely from top to toe. Am I not the most privileged of human beings?

Fulfil Your Dreams

I will go for a time and then return so you may slowly adapt to a life without me, where, although I am with you, my presence is not always discernible. This will allow you to focus on the new life you must build; full of new events and new people.

Our time was an interlude in your life. It was twenty years that you gave to me so I could fulfil my dreams. For this I thank you.

This last period of your life must be for you to fulfil your dreams. Always you have put them aside to help another progress. The next person in your life must be he who can help you fulfil your dreams and bring your work to conclusion.

When I am away put me out of your mind with peace and work towards what you need to do. Each time I return we can talk and perhaps I can help should you be unsure. But you won't be. You are a ripe, red apple now so you have the confidence to do anything and the strength to bring everything to fruition.

This coming and going is the only way I know to help you stand without me in your presence and still be happy and fulfilled; putting your sadness behind you and filling your house with music and laughter again.

You are doing very well and I know you can reach me here. I will help you sleep but do not look for me anymore. When I

come, I will fill your heart. That is how you will know I am here with you.

Change from the sight of me to the inner vibration of me and we can be together joyfully. Be safe and be peaceful.

I am lying down with a feeling that is like paralysis. The teachers come close and I can almost touch them. Their strength washes over me and I am able to stand up. They remind me to face the facts. He has gone from being a person I know and love to something different and I am being asked to accept this; not accept that he has gone from me, but that our relationship has changed. I am to be reminded of this many times, as it is comforting to remember people as people because their images are in our minds, and we sometimes want to keep them there.

Communication

He stands, not as a lover, not as a friend, not as a teacher, but as a guardian for he is able to cross the line between what associates with the inspirational, spiritual world and what associates with the physical world. Through the vibration of love he is able to cross existing boundaries.

You are reaching into the greater beyond to draw it towards you while you are still living a physical life. He is building the rungs of the ladder you must climb to do so.

Your personal relationship is to become less necessary and less defined. You will communicate less on an emotional level. The presence of his mind is to become less pronounced as his communication raises its vibration to pure, spiritual pathways, enabling him to work with the spiritual teachers.

What he says to you will slip gently into your mind in your moments of repose and you will find it difficult to differentiate between your own thoughts and what he is communicating. This is because your thoughts, concerned with growth, beauty

and expansion, are compatible with what he brings. By being in the world he now belongs to, he has no association with negativity and worries. He only inspires and brings joy and happiness.

This is the way of your future communication; a joyous meeting of minds in at-one-ment between two worlds. He has the strength, wisdom and capability to be your bridge. This you have earned. This you deserve and this you receive. Your acceptance of the changing nature of your relationship over these last months has shown your capability of raising your vibration to match the highest and best you are capable of reaching with him.

When he departed the light that went out of your world became a light in our world. This light he is sending to Earth and so it is as though it never left. Because your eyes are open and you are not blinded your lights may merge.

You ask about humility.

Humility is recognition of your place in the universe. It is recognition of your life force within and its relationship with the hierarchy of life that is beyond you, even as it reaches through eternity towards the ultimate you are capable of responding to.

Humility has nothing to do with appearances. It has everything to do with recognition that all comes from a greater light. It is acceptance that you have the ability to receive from this light because that is where you have progressed to. It is recognition that you are tuning into its knowledge that is travelling through the universes. This is possible because you are not seeking for self alone.

I have to lay the physical aspects of his death to rest because in my mind I keep seeing him lying there. Although he looks as though he is sleeping and his facial expression is as

peaceful and handsome as always, I have many questions about his experience of death.

We all need reassurance that our loved ones do not feel pain and have no fear of their impending passing from physical life. I need the reassurance of information. Facts help diminish emotion so I want facts. As always the teachers respond to my request, for which I am forever grateful.

When we are touched by death we look at our own mortality. Someone has to go first and leave a loved one to follow later. He has already experienced what I must experience in a little while, as have so many people who have gone before me. I am possibly in a better position. Look at who will take my hand when my escort Death relinquishes his hand.

In the dying you are held every step of the way. There is no isolation. You are not alone for even a second. An escort only relinquishes his guiding touch when the next has a firm clasp.

Natural Death

The weight of the body, through its iron content and other factors, anchor it to the Earth. Through its extremities the sensation of being on Earth is transmitted to the mind. During the hours of sunlight when you are most active your body weight registers as heavier and you feel attached to the Earth through gravity.

During the hours of sleep, when resting supine in bed, the weight is evenly distributed throughout the body, contributing to a feeling of lightness rather than heaviness. All that usually travels to the exterior withdraws to the central core of the body, and sensation of being on Earth is slowly removed.

With awareness of Earth life ceasing, the result is the unconsciousness of sleep. During the hours of sleep any movement necessary for the well-being of the body is made

naturally in this unconscious state. When little movement is required, little movement occurs. In this state of relaxation, when there is no injury causing pain, the sensitive nature of the body is reduced to nonexistence. Upon waking the body is refreshed from its cleansing night's sleep.

Try to recreate the process of sleep during the day without sleeping and lie without moving for a lengthy period. You will find the body becomes sore and aching because the sensations are still in its periphery.

Sleep is similar to dying because during the process of dying all sensation and activity of the body slowly withdraw deep into the core. This removes the sensations of discomfort and pain unless the person is moved.

There is no need to fear the process of natural death for this reason. The body is no longer strongly attached to the Earth, as it is during activity when all the major organs are fully functional to ensure the continuation of life. As the life force withdraws the functions of the major organs are reduced, as is awareness of attachment to the Earth, until nothing is physically felt. The awareness of the dying person is reaching beyond Earth to another place.

Do not be afraid of the dying process. It is as natural as sinking into the unconsciousness of sleep. Awareness of the body is removed as the energy and life-giving properties within leave the peripheral areas and go to the central core, deep within the body. Here is the pathway to spiritual worlds, where awareness of Earth life is non-existent, including the sensation of pain and discomfort.

As life shrinks deep into the body it begins to travel a path to spiritual worlds. During this process awareness of living upon Earth diminishes until it disappears. You reach towards your new destination without a backward glance unless the sound of others draws you back. This is why people die alone, when loved ones leave the room for a moment.

Have no fear of the dying. The dying is pain-free for it is a natural process. It is similar to the birth process where through the chord that attaches the baby to the mother the life force flows but feeling is in the core of the body as the foetus floats in the amniotic fluid of the womb. When you float in water and the space traveller floats in space the feeling is in the core of the body and you are light. In the dying process your spirit floats away as the sensation of gravity lessens, then is removed.

The timing of events in life is finely tuned and never ceases to amaze me. How can I not believe in a plan for life? How can I not believe in life's intricate weaving of people; moving them in and out of our lives to bring and take whatever is required? Personal beliefs seem irrelevant because the universe follows its plan for life regardless of what people believe. I want what I say and do to come from an inner knowing that allows the wind to take me where it will.

Beliefs change with the wind, but the knowing is a foundation of strength with which you can plant your feet.

My path crosses with Mary who, all those years ago, was at the beginning of my journey into other worlds. She is also experiencing a difficult time. Our mutual need for the healing of quiet companionship that makes no demands draws us together once more.

Mary is running a meditation group again so I listen to the universe, put a smile on my face and prepare to associate with a group of people. I do not have to speak very much in the group and when I am in company he and the teachers stand back. No-one, except me, is ever aware of their presence; their silent strength; their potent comfort.

When I return home after the first meeting a strong presence fills my house and the loneliness, so profusely felt in the company of others, dissolves. I am home again in more ways than one.

Learning Anew

The world of spirit and the physical world of Earth are intertwined so completely that one is not lost to the other when a change of residence occurs. Communication between both can continue naturally.

I am of He who has Eyes like Diamonds. I direct the teachings and provide the strictness of your learning. Your loved ones come on the softer vibration of love.

You stand alone and independent, without his love on the Earth as a safety net. This safety net is still there but you cannot feel its presence in the same way. Your life is now entering a new phase; a rebirth into a new and strong self-assurance. You will live with him in a working way, not in an earthly, emotional way. He will become part of your work and your learning.

I will remain with you, accompanying you through your difficulties. Cease to worry for you will be strengthened by my love so you may endure. I will encourage your laughter and your need to move into a future without me. I will draw you towards me when your time comes to join me. Live for today. Put me aside and be open to other people so you can fill your life with them.

No-one can comfort me because I cannot talk about him. Who can understand the heart of another? The heart has its own language that cannot be conveyed through words. How can I use words? What words can I use?

I reach out, not to other people, but to the teachers; those trusted and revered harbingers of truth. I reach towards the strength of their constant, unchanging presence that exudes the acceptance I must come to; that exudes the destination I must reach for; that exudes the path I must travel; that shines a light on my goal of truth, regardless of what it brings.

Up to this point the focus of the teachings has been on the human spirit. Now I want to know about the human soul because, at this time, his soul is flying as mine cannot and I want to know how he is living. I want to know the nature of the soul; just enough to let me know that his purpose in life is continuing through this amazing vehicle of travel.

Immortal Soul

As the spirit wanders through the mansions of life according to its need and desire, it dwells for a time upon a particular sphere, such as Earth. The spirit is cloaked by the soul which is partly etheric and partly matter from the sphere to which it is incarnating. The soul's substance enables the spirit to enter and remain attached to the body of the sphere.

The soul is immortal because it is the required vehicle of multiple spheres. Its function is to record all experiences and resulting knowledge and conclusions. It is therefore associated with memory. The nature of the spirit is to strive to return to the realm of its birth with fully conscious awareness. The striving of the spirit determines the direction the soul takes through the mansions of life.

The words from other people, I *do not want to hold my loved one back* disconcert me. They reverberate through my mind, because I want to hold him close to my heart.

We are all where we should be, where we want to be and where we are evolved to. We give those we know and love the freedom and independence they need to flourish.

Love does not hold people in chains so they can fill empty hours and alleviate loneliness. Love shares the time of joy so all are replenished. Strengthened and cared for, through freedom of movement, those we love weave their way in and out of our lives and this does not change with the passing. When there is a determined focus on the door of light in the distance, time heals.

This is encouraging. It comforts me to appreciate that those we love remain at the level of their evolvement; only associating with us from worlds of spirit because the love between us attracts, one to the other.

Although I want him to remain in my heart, at the same time I want him to continue to progress and grow. And I must do the same. I know I cannot continue an Earth-like relationship with him. I do not want this to be my desire for it holds us to the Earth.

He encourages me to reach him with the light of who I am, to the light of who he is.

I am learning to accept that he has moved into a new way of life that is spiritually familiar. I must learn to communicate at this level and in this I am determined.

This is the Path of Hope that takes you out of grief.

Ascend to Me

I have given you all the skills you need to continue your life now without depending upon another person. You can look after yourself independently and you do not need to rely on anyone for anything. Your independence in life after I have gone is my gift to you.

Play music. Sing. Fill the silence of your home with sound at this time because silence is only good when you are happy and can see the greater picture. At the moment because you are so sad the silence is oppressive and will stop you being well and fulfilled.

I have a new life now. My old life with you was a preparation for this and I am grateful that it enabled me to be where I am now. You will one day feel the same. Until then do everything you need to do. Do not be afraid to do anything. I am confident you can achieve anything you decide to do. For now see happiness as your goal. Do not be afraid of loneliness as I was, for you have many more skills to handle it than I ever had.

Your loneliness can be a constructive time to encourage your thoughts to ascend and reach me here among the Mountains of Prayer. This is better than me coming down to you. When your thoughts and inner self ascend our lights reflect each other and our glorious work that is so much more apparent here.

I realise that at the moment this is too hard because you are so sad. Later, when you are ready you will be able to and our contact will be a more pure, more transcendental, more spiritual love and more honest. This is the reason you always say you don't care what our relationship is. A real relationship from within has no boundary or expectation. It just is that it is.

Our love is the love of the universe and it builds all that is around it, so that all who are touched by it are changed. No one and nothing can diminish this love. It is who we are and we are enveloped in it. It is our goal. It is our protection. It is our life. It is our work. It is part of the Greater Life of which we are a part and so it is everything.

Mourn the shell you knew as me then move into our real selves, our real life, the real us. If you can do this while you are upon Earth we can work so much better in the great Universal Plan of which we are a part. I will help you, guide you, cajole

you, love you and build the chords that will allow that part of you to ascend to where I am now.

One night at the group Mary asks us how we know our guide. I cannot answer because I have not thought about this for many years. Having exacted a beautiful, spiritual vibration very early on this journey it is now so natural I do not think about the process.

I do not know a specific guide or helper. I do not know specific teachers. I do not know anyone in spiritual worlds because I never seek the personalities of ethereally, earthbound spirits. The teachers and helpers in spiritual worlds may only be a vibration of light bringing knowledge, hope and love that encompasses me, but my life is enhanced through this association.

The basis of all our spiritual communication is an appreciation of truth, given as teachings coming on the vibration of wisdom that emanates from evolved spirit.

I ask the teachers how a guardian relates to me. At the next meeting I read the reply I receive to the group and the response is silence, which I can appreciate.

My Guardian

Sent by *He Who Has Eyes like Diamonds* I come on the warm wind of love and the cool wind of enlightenment. I am a presence within you and around you. In the same way your spirit and soul infuse your physical body I infuse you for we are of the one spirit. I bring you what I am for what I am is what you have asked for.

You are living upon Earth to experience physical life and this comes first. I am your support. I share and participate in this journey through time with you and I am your window to another world. I am the only vibration you accept and according to your request, everything and everyone can only

come to you through this vibration of me. In this way we mutually serve the Great Spirit, working together naturally, safely and as one.

I lie within and without as an ember of light waiting for your command to achieve your purpose. I am careful of your physical health, never invading your space when you need to rest, never seeking for you to achieve until your own strength can safely raise your vibration. According to your desire I put in place your doorkeeper, teachers and helpers, bringing them to you when your time and health is appropriate.

During your earthly duties I am a somnambulant presence that emits only a warm glow of love. In times of danger I call others to come to your aid and I wrap my protective cloak around you to keep you safe, whispering encouragement in your ear that you may find courage and strength to negotiate such passage.

In times of sorrow and pain I call your spiritual family to support you and we cradle you through the turbulence. The embers of our love emit an enveloping warmth to fill your heart and lift you to a plane of spiritual acceptance.

When you seek to learn I bring your teachers. Through my vibration they answer your questions with simplicity and clarity. When you seek to serve, I bring your teachers. Through my vibration they communicate the knowledge you need according to your ability to receive. When you deliver addresses, using your vocabulary and intellect, the teachers give you the words.

The Teachings of Truth come as a body of work on the vibration of inspiration; the safest vibration of communication for it does not deplete the recipient. This work comes rapidly and relies upon your ability to put yourself aside and become immersed in the vibration of the teachings.

Everything that is to happen in our lives has its own timing. We can make plans but the universe has its own idea. We do not know when an association is to end. When it does we may not know the reasons but everything is always in accord with the perfect timing of the universe. Regrets are born only when we waste time, thinking we have plenty. I am content because we spent every possible moment in quality time together while we had the opportunity.

Spiritual teachings have become my foundation in life, providing me with a wider perspective of reality. Through them I view life as greater than the physical world I am living in. I ask how they fit in the lives of people today.

They lie on a bed of leaves; leaves a symbol of love and happiness.

Decades of Thought is the first teaching I receive since his passing; not a personal communication, not a guidance; a teaching. The first brick of a new path is laid.

Decades of Thought

Because Earth is a finite world everything has a beginning and an end. This includes conversations, activities and some relationships. Your present is someone else's future. Your past is someone else's present. Your future is someone else's past. People overlap in time. They can co-exist for a whole life but more often for certain decades or a decade the time is shared.

Divide your life into decades. Use the measurement of seven decades to catalogue possible experiences, for each decade is not always free to pick up any desired experience. Fill each decade with its appropriate activities and when you look back you will not feel you have wasted time. Should a decade pass, no other decade may give further opportunity for some experiences.

You may ask, *What is the purpose of a certain person in my life*?

You come to realise that it is to share experiences so each may learn, grow and achieve, but often only in a particular decade. When the experiences of the appropriate decade are over, the time together comes to an end.

You do not get much time in your lifetime to complete experiences. When you are young you do not evaluate the decades of life ahead because you feel you have plenty of time, but this is not so. At the time of each experience you may be unaware of the depth possible, thinking you can control the situation and there is plenty of time. Once an event or relationship has run its course further opportunity to continue or expand upon it may be lost forever. Even should you say you will do something later it is not always appropriate in following decades, so no further opportunity presents. The time and opportunity have passed.

View life as wheels within wheels. When wheels start to turn at the beginning of a decade they draw towards you the events of the complete decade, each wheel symbolising an event or relationship. The duration of its life is the 360 degrees of the turn. You are then left with an impression of a new start.

When a decade is special it has a huge impact upon the following decade. Important social decades are the 30s and 60s. The type of people and events you draw to yourself in these decades give you the foundation for the 40s and 70s.

The 30s decade is a time of material consolidation. Your values underpinning your actions influence what knowledge is gained and how life proceeds in the following decade.

The 60s decade is one of evaluation of accumulated knowledge that is revealed as steps towards wisdom. When certain steps are taken in this decade new people are drawn towards you who will travel with you into the following decade.

The 70s decade focuses the gaze ahead in a different way, either with a foundation of wisdom gained in the 60s or an empty cup. The foundation of wisdom leads to a wider gaze that does not look back. The empty cup looks back with regrets and bitterness. Bitterness results because you cannot let go the thoughts and activities of the closing decade when the wheel turns once more. Many try to continue as they were, unable to grow through inevitable change.

Change brings growth to the soul and expansion of consciousness to the spirit. Hold on to old ideas because they are what you know and you cease to learn and forge ahead.

Some generations remain in the same space and time for a complete lifespan with the same people they know remaining in their lives over many decades. The only variation is when someone they know brings a new person into their lives for a time. Other generations continually change their lives, reconstruct their personalities and move into new areas and ways of living that hold new people. When they change direction they leave people behind, meet new people and learn new skills.

When you leave Earth, you pass into the spiritual body you build while on Earth as you love and learn through your varied experiences. The wider the scope of activities throughout the decades, the more opportunities to learn and the more expansive the spiritual body built.

How expansive is the spiritual body likely to be?

A wise old man presented himself to you in a vision. His white, luxurious, curly hair was the highest mountains. His face was the foothills and his long white beard was the rivers in the valleys.

Time, matter and space hold no meaning when you move into the spiritual body. How far can you travel? Such distances

you cannot imagine. Prepare now. Expand your mind with the changing and expanding events of your life.

Looking back with longing to recapture memories and feelings of a time that has passed erodes the soul. All experiences are steps along a path you build daily. The path is always open, heading towards a future growing out of your present. When your mind is open the future is seen as your next adventure.

Experiences provide opportunities for the qualities of goodness to be met and incorporated into your soul. Emptiness comes to those who focus on only one type of experience, for example, pleasure, for they disregard all else that is possible. Their lives become narrow and wasted. Their minds become empty.

At this moment there is a hand on your back. It is giving you the biggest push into your future you have ever had. For this you need your sense of humour. Throw off the cloaks of personality. The threshold is ablaze. Nothing less than a very large push can take you through that furnace. On the other side you will move into a new vibration with a new direction and new teachers.

The foundation for teachings to come has been laid. You will put our teachings together and their simple truth will appeal.

I want to experience joy again so I cannot help but include the vibration of Lemuria which is part of my heart and part of my soul. I have beautiful visions of Lemuria that are more than visions because when I receive them, I am living them.

In my visions Lemuria is a burgeoning civilisation. It has glorious cities of light that house the most enlightened and wonderful souls that have ever lived. Its mountains are places of prayer and spiritual safety. Its courtyards are places of learning. These places are home. These people are family.

We belong to a place in your soul's memory of a spiritual life in a spiritual world. This is reflected in Lemuria that creates a spiritual response in you. This response brings back a memory that is an important key to our spiritual communication. That key is our mutual love for each other and all who have life.

We are the travellers you remember.

When I write about Lemuria I am encompassed by joy which showers over and through me like stardust. I long to visit Lemuria again. Labelled as a story, but who knows?

Story of the Spirit of Lemuria

Through the towers of light came the spiritual travellers to Lemuria. Their destiny was to provide a nurturing ground for new spiritual sparks of life. Lemuria was to be that place. The setting was laid. The world was beautiful; a place of colour containing myriad life forms to provide experiences for progression.

The Earth was located so far from the origin of creation that the vast, infinite and immeasurable distances determined a cooling and required special emissaries to bring a greater light for the burgeoning life.

O the excitement of a new world. Creativity flourished. The City of Flowers nestled in the hills grew, emanating a light destined to spread all over the Earth. As the towers of light reached ever higher the plan of expansion became apparent, and all marveled.

How can I express the joy and excitement of participating in such organisation; on a tiny planet in the far distances of galaxies and universes; on a tiny replica of the vast organisation of all life? The Father King, his emissaries, the Lords of the Material Planes, his aides in truth and most of all those of the Silver Reign participated in all that took place.

To me Lemuria was home, a place of light and love. The expansion of all our spirits was to take place in this world we would live in, allowing blossoming illumination. All was inspired by the love vibration. The beauty of Lemuria expressed glory at the expansion of creative life and I am a privileged soul to be part of such an awakening.

As Lemuria flourished in light, souls were taught of the light and prepared to populate set locations around the world. High in the mountains of Lemuria the towers of light reached to the skies and radiated vibrations throughout the Earth, using the constellations in the sky to direct their energies. Their iridescent colours travelled through the atmosphere via the highest mountains to reach the four corners of the Earth.

Lower Egypt is in the geographical centre of the world and is opposite (180 degrees) Lemuria (submerged in the Pacific Ocean), on a line with Atlantis (submerged in the Atlantic Ocean). Using this principle in a modern map, a figure eight can be drawn, with the Great Pyramid of Giza at the centre and the outer circles crossing and radiating through Lemuria. Vibrations from Lemuria followed these lines via the world's highest mountains.

Circling east in the Northern Hemisphere from Lower Egypt through Mt Ararat in Turkey and Mt Elbrus in Russia, then the mountains of the Himalayas including Mt Everest, through Lemuria, circling into the Southern Hemisphere and west to Mt Kosciuszko in Australia, then west to Mt Kilimanjaro in Kenya and back to Lower Egypt.

Circling west in the Northern Hemisphere from Lower Egypt through Mt Etna in Sicily and Mont Blanc in France, through Mt Logan in Canada and Mt McKinley in Alaska through Lemuria, circling into the Southern Hemisphere and east to Aconcagua and Ojas del Solado in the Andes of Argentina / Chile and back to upper Egypt.

Egypt was deemed a suitable lowland place for the burgeoning spirits to develop. Towers were constructed to draw in the vibrations of light coming from the towers of Lemuria via the constellations.

With Egypt being lowland, the towers of Lemuria could not be duplicated. Sitting on open land the base was made wider causing the angle of the peak to become pyramid shaped. The apex drew in the vibrations of light being directed from Lemuria and radiated them out to the settled lowlands.

In Giza all pyramids are connected by a causeway to three valley temples and the sphinx, in turn, is connected by a canal to the Nile.

Egypt is a tiny replica of a distant culture. The pyramids replicate the storehouses of energy within the towers of light in Lemuria. Within this light was spiritual knowledge and love, necessary for all to progress.

In these latter days the light of Lemuria still shines although only as a memory. What have the pyramids come to in these darkened times? Kings have used them. The aridity of the deserts has covered much of them and now they lie dormant waiting for the light of Lemuria to travel through the Earth once again when the constellations sweep around to the position that will herald the messenger to time; He who will come in an array of light; He who is the Son of Universal Man; He who is to be represented by a sign or planet in the sky.

When the teachers come, I cannot resist. I do not want to resist. How often do we find people in life we completely trust? How often do we find people in life who support us without judgement? How often do we find people in life who love us regardless of the things we do?

The teachers connect to me on a vibration of silent strength, emitting purpose and a sense of destiny. I love to

pick up my pencil, recorder or keyboard and write. I love to just sit and listen.

Whatever the communication I absorb all they bring to me and they bring so much; not the emotion of earthly life but a wonderment of all life, whatever it is and wherever it is. The teachers make me feel part of something beautiful and their words are as clear as any in communication between people upon Earth.

Mary asks, '*How do you receive from spirit*?'
I do not know how to answer so I ask the teachers.

Spirit Communication

There is a staircase to reach us.
You step up.
We step down and you feel our approach.
In this moment you relax.
When you relax your mind empties.

You are still within and you feel our vibration instead of your own.
We impress you with words.
As you do not think in this relaxed state, you write or speak the words we give you.

The vibration you are familiar with comes from afar.
You recognise its approach through the outer reaches of your aura.

The words are round in shape.
They are gold and silver in colour, entering your mind like a carpet being rolled out.

Where are you? What are you doing?

I ask this question constantly. I want to know that his life is fulfilling and bringing him happiness. I want to know that his light is shining more and more brightly each day. I want to know where he is and where he wants to be.

You know what I am doing, but I do not know what you are doing.

The teachers send me a vibration with this teaching that is an expansion of something I have known before. Through it I recall a time that is greater than what I know here on Earth. This vibration speaks to my heart. It fills me with Joy, who travels in the wake of Strength. I welcome the warmth of Joy in preference to the cool of Strength. Joy lays the second brick on the path of our common purpose.

New Past Guide, Strong and Familiar

You ask whether his form is as solid to him where he lives, as yours is to you where you live, even though his form is light and your form is matter.

To you he is light, for any level above you is more spiritual and more of the light. He wants you to know that his light solidifies in the plane of existence that is his abode. He is saying that the light of his world cabins his spirit within his soul in the same way as the physical world holds and cabins yours. He is embodied by the substance of the realm of his abode. This prevents him going beyond this realm until his spirit light expands enough to become incorporated into the greater light that comprises any evolutionary boundaries.

The light that solidifies is that part which houses the soul and anchors it to wherever it is living. The soul, even in the worlds of light, holds the spirit within the boundary of its abode so it must aspire to the next step of progression. His love and work is in this area.

This place is his contentment and fulfilment. His work, his service and his growth cause his expansion and inevitably his next transition. From here the teachings come and here is your destination. Have no fear. He will not move on before your arrival, for the chord of love attracts you both to each other.

His counsel to you is this:

Focus on your work. Clear your mind of all material concerns about people. Let them go about their business in whatever way they choose. Have no ideas and no opinions. Continue to expand your spiritual light through service on the way, as opportunities present.

Your work unites you both. Your joint goals enable him to draw you ever higher through your inner light so you may serve together. In this he is your support. In all else you choose your life in any way you want for your physical life upon Earth is no concern of his. It is yours to live.

On the love vibration the edges of his light can touch the edges of your light and you can inspire each other. Communicate in this way and you can receive the teachings we have for you.

This is a path to enlightenment. This is a Way for the individual. This is an outline of travel. This is a compass. I have no-one on Earth to show me the way but I have been given a way. I have my integrity. I have my trust. These I place in truth. These I place in him. These I place in the teachers. I do not have to go everywhere looking for these things. I have found them within and will always follow the path they take me down.

Path of the Masters

The gift of life is the gift of hope carrying with it the promise of a continuing future of evolvement through birth, expansion

and dissolution. Life is movement. Without movement there is no life. This movement of life, through supreme joy, is continual creation which the human spirit participates in, creating his world and his future with his thoughts, words and actions.

In every creative act there is expansion leading to ultimate dissolution or death that paves the way for further renewal, as symbolised by the phoenix rising from the ashes after the fires of destruction have burnt out.

The gift of life is the gift of love, the understanding and growth of which comes through service in creation. There is no limit to what may be achieved. The work of creation continues; a work to which all contribute on some level.

The human spirit was created in a place far from Earth on another level of existence. Earth life is part of the journey of the human spirit through the mansions and kingdoms of creation, all of which provide experiences that cause expansion of awareness and consciousness. The journey is travelled along a well laid path, leading the human spirit from Earth and taking it home in blazing gloriousness. The fully conscious spirit is a sight to behold.

The journey out of the earthly experience is along the *Path of the Masters*. The path that leads to the *Path of the Masters* can be arduous but is clearly signposted and guidance is provided for the willing heart. This path of travel is service for others. The chord of love and the chord of teaching attach the neophyte to this path so he is not sidetracked through the desires of *self* and *ego*. Learning is structured, planned in the planes of spirit associated with the material planes of Earth.

The Seeker

The Seeker becomes a Seeker of Truth, having asked,
Why am I here upon Earth?
Is there more to life than what I see around me?

The Seeker is looking for a Path of Enlightenment that brings knowledge of his destiny, knowledge that lies within his immortal soul. After asking these questions he no longer wants to waste time seeking only earthly treasures.

He becomes observant of Earth life. He searches for truth in every experience, word or feeling he encounters. He sees everything as a stepping stone towards discovering the understandings he needs to give his life meaning. He becomes absorbed in Earth life and seeks to learn all he can of his human behaviour.

He does not run from difficulties. Through them he draws to himself qualities of the greater self. He views life as a path of travel that can direct him towards higher, more infinite goals. He seeks out others looking for the same values as himself, others he can bond to for a time. He wants to learn.

He begins a phase of learning that embodies use of his spiritual mind. This requires him to empty his physical mind of all previous knowledge, opinions and prejudices pertaining to spiritual matters. With an open mind he learns to differentiate between truth and the half- truths that abound upon Earth. He learns to rely upon the unspoken vibration of love that accompanies truth, the unspoken understanding that speaks to the loving heart.

The Love Vibration is the language of silence and is the purest force of love known to man. It is a channel of communication used by teachers in spirit. Through it come the gift of faith, the gift of hope and the gift of love. Awareness of these great gifts inspires the Seeker to reach beyond the Earth to these teachers from higher realms.

Before he becomes a seeker, the mind of the physical body is in control, causing his inner light to be submerged. He adopts many personalities and lives through varied experiences. Once upon the Path of the Seeker he comes to

realise that there is one essence of life and one principle of creation, the principle of *I am that I am*.

The most difficult place to discover the *I am* is upon the Earth because the physical mind seeks to submerge the acceptance of intangible knowledge coming through the spiritual mind. This is the struggle all face when they start the journey as a Seeker. The spirit of the Seeker quickens. With the quickening he searches for the environment and opportunity to learn. At first, he may search the world. Eventually he realises he can find truth within.

During this time of the quickening the path is laid with roses and fruits. Once the Seeker commits to the journey the path becomes scattered with quicksand and boulders. The many tests and trials are designed to turn him from his goal. As he journeys he learns of strength, courage and endurance. Teachers and helpers are assigned to guide him safely. Dormant spiritual memories awaken within him, bringing a storm of events to test his courage, strength and endurance. His belief in the gifts of faith, hope and love enable him to comprehend that this part of the journey lasts a predestined time until he can cross the threshold into joy, upliftment and service, the time of the Initiate.

The Initiate

During this next stage of the journey upon Earth the Seeker becomes the Initiate. Although his spirit reaches outwards and onwards his soul seeks the experiences of the Earth as it must. He sees life upon the Earth as uncertain because vision is finite, causing understanding to be limited and direction to be frail.

The Initiate looks at his relationships with the world, people and the Greater Life. He seeks to discover the purpose in all that takes place and relate it to all people and life beyond this planet. His goal is peace, humility and tranquility.

He seeks to enter the Planes of Spiritual Aspiration so he may find the peace and tranquility of spiritual reflection. He seeks for these reflections to ascend. Most of all he seeks to encounter his spiritual family who can aid him in higher aspirations that draw greater teachings of truth. He seeks to live through the oneness of life, through love and through his higher self.

His memory of the vibration of love is his channel to the Greater Life, drawing guidance and teaching from greater worlds. He reaches beyond the veil of time through the obscurity of dreams. He seeks the Wisdom of the Ages.

The Initiate is alone. He willingly accepts tests and trials, understanding that they are for but a season in his life. When his soul is in pain he breathes in the spirit and calms the turbulence within. This communication brings him strength, courage and endurance to accept Earth life with joy. His soul accepts his Earth personality but his spirit seeks the one love. He learns perseverance.

The Initiate wants to share what he has learnt with others. He does this naturally and without conscious thought before receiving guidance or inspiration. He seeks to draw out the higher qualities of all.

He wants to make people aware that with their gift of life they have the gift of hope. He wants them to realise that when they build a solid foundation of love, they are building a future for themselves that takes them to worlds of light and beauty.

He wants to make people aware that with their gift of life they have the gift of faith that gives them the belief that they are worthy sons and daughters of a spiritual family, that they have an inner voice of guidance and that love that can uplift them and others to higher vibrations of creation.

He wants to make people aware that with their gift of life they have the gift of love, the love that created worlds, spirit and man. He wants people to be aware that those who live with unselfish love leave its greatness behind them when they leave the Earth, to aid

others who follow. He knows that love is his greatest possession. He wants to spend his life discovering its depths and leave it as a memento of his presence wherever he goes.

What effects do the etheric regions have upon the progressing Initiate?

The creation of worlds and universes, both spiritual and material, are to plan and purpose. To the knowledgeable these worlds are available. To man who only uses the physical mind, spiritual worlds do not exist. To the Initiate they represent knowledge. The Initiate's mind is not restricted to what he sees upon Earth. It reaches beyond, seeking and searching for places where truth and knowledge of greater worlds flourish.

He sees himself as a traveller in space, a spiritual traveller who can travel to the region of his thoughts. Because of this he guards his thoughts carefully. He does not want to absorb the vibration of any region associated with Earth thoughts. He seeks places higher in vibration than Earth, not similar. To him journeys to the etheric regions are journeys to gain knowledge. They do not represent places in which he desires to remain. He has a higher quest.

The Initiate enters the teaching Sanctums of Learning, the Adytum, before he is released to the tests he is to experience upon Earth as he takes his next step in a greater work for he wants to emulate the principles of the Masters.

The Masters

Masters have greater wisdom, having proved themselves through experiences upon Earth and in spiritual worlds. They have achieved mastership of the body and the spirit so they are sometimes described as Ascended Masters. The teachings they bring constitute the greatest teachings possible throughout the history of the Earth.

Do people who need proof of a continuing life find it? I never need or search for proof of survival but little events in daily life consolidate my knowing that we continue to live beyond physical

life.

Many years ago Jim sat in different groups looking for proof of survival. When he questioned me about this subject my response was that he could only find proof through his own experiences touching his heart. He continued to search everywhere and died never finding what he was looking for or what was promised him by others.

When I look at what is magnificent in people, I know that what I see is too extraordinary not to continue. Love must continue. Compassion must continue. Courage in the face of adversity is based in unselfishness and has its own light that must continue.

As proof of survival, for me this vision suffices. The story of this communication follows Solace.

The teachers come to me one Friday night at exactly 9.30 pm. They are sombre, and grave. They tell me to note the time, pick up my pen and write word for word what they say. I write slowly and carefully, not knowing the meaning of this missive until the last line.

As I write I see a young, dark-haired man of nineteen years sitting on a stool with his head in his hands. He is suffering from shock and disbelief as he listens to what he is being told. Standing in front of him is a man of quiet dignity in a dark robe, his face hidden from me. Speaking gently and clearly, he explains to the young man that although he has committed suicide, he is still alive.

The man in the robe is a helper, who was waiting to greet the young man at the time of his suicide. I am sharing in the first moments after the young man's passing.

The next morning Mary asks me to accompany her to a hall where people are giving of their expertise. Normally I do not go to these events but the teachers tell me to go and take this writing with me. A young lady we know tells us about a young friend of hers who has committed suicide. I interrupt her and ask if this young man's suicide took place at 9.30 pm the

previous evening and I described his appearance. She concurs and I give her the writing.

Suicide achieves the death of the physical body that cloaks the soul and spirit. The soul and spirit continue.

Solace

Why do you bow your head?
Why do you look down to receive solace?

My beloved son,
lift your head. Look above you. You have no cause to turn away from us. Our hearts are one. Our spirits are one. Our love is one. Our work is one. Our service is one.

You have held out your hand to help raise the head of another.
You have suffered alone so others would not be burdened.

Did you forget the Earth at this time is a sad and lonely planet?
Did you forget that a place of darkness is unwelcome to the spirit?

Did you forget to search out those who could understand you?
They are so hard to find, but one was there.

There is always one, but the first step towards this one is so hard to take.
You would have been welcomed. We then could have reached you.

People say life is a gift but this sentiment places an enormous burden on some shoulders. Life is more a sharing of love from the Great Spirit, a promise of eternal joy after the awakening.

My glorious son, your light is still apparent to us.
There is no need to hide it.

Your life is your own.
Your path is your own.
You have not lost your future.

We shall carry you for a time on the cloud of our love. When you know how to laugh, sing, dance, work and pray for others, we will once again show you the way. Yes, the path will be a little hard once more, but you will have help. We will ensure you do not ever again feel that the only way is to end your life.

Living on Earth sometimes feels like negotiating passage through a difficult terrain that has multiple directions to choose from. We can listen to our higher mind that seeks out ways to let all that is good in us flourish, or we can listen to our lower mind that seeks gratification of our physical senses. Our thoughts and desires tend to fluctuate between these two minds, our actions reflecting both. We have to remember not to be too hard on ourselves when we do not do as well as we would like.

I am advised on making choices in life.

Do everything you want to do without thinking about success or failure. Be true to your heart and do not lie to yourself about what you want and why. Most importantly, do no harm.

A friend asks me,

W*hy is the outcome of my life unrewarding when I have devoted it to working for spirit?*

Friend in Need

Remember,

Karmic dues take precedence over the work of spirit. Open your heart. See before you a path that for a time ensures that all you have sought to evade comes towards you to be resolved within your heart. Take time to sit in the silence and empty your cup.

I hold before you a papoose, symbolic of your spirit's resolve. To continue in this way, leave behind everything you have learnt, felt, known and experienced. Empty your cup and take your place in the papoose. Become a child of the Great Spirit so your spirit can come to fruition without the encumbrance of the material personality.

The next part of the journey we offer you is a journey upon Earth that can mirror what you accomplish on the inner planes. The measure is exact; no more and no less.

There is a voice in the wilderness. Let it be heard clearly. Speak gently with love. You have influence with those who come your way. In the silence decide what that influence is to be from this point forward. Decide how your words are to be delivered. Decide the vibration of your message.

For a short period take time with us for a few minutes each night before you retire. Together we will analyse the reception and delivery of your clairvoyant messages and how best to move forward with them the next day. In this way your cup can fill with a new wine.

This is an important time for you. We give you our strength to make the changes that can take you to the path you always wanted, but this path is not as you have envisaged it. If you do not want this journey we will continue to travel with you where

you wish to go. Channel your energy into strength and be in peace.

Sometimes I wake in the morning with excitement. It is as though we have been together in the night planning and working. On this particular morning I wake with these words in my ears.

I paint the skies with words and I paint the horizon with words so you may pick up a message wherever your gaze rests. The words are born with the colour of love for I love all humanity, not with sentiment but with that which wants what is good for all.

He knows when I need to hear his voice; his words ever simple, ever loving and ever practical.

I have been worrying about what is to happen to the teachings. They cannot be just for me because their words are so wise they could apply to anyone. I spend many hours putting the early teachings into little books and constructing a website for them. In the process I learn about ISBN numbers, online shopping and payment systems. I have purpose and so I follow my destiny.

Your Worth

You have a mission and your writings are your blood. Do not give them away on the word of another. Treasure them as they have your name attached to them. Maintain control of all distribution. Your soul is so deep and so treasured. Let your soul talk to you. Let your soul warm you. I am part of your soul and I am here with the teachers. I can help keep you safe so you can fulfil your mission. My love comes with the love of all with me who know your worth.

As spiritual beings we belong to infinity as do spiritual worlds. On Earth we live in a finite world so our physical minds cannot comprehend infinity. To understand concepts we need finite terms like *levels* and *boundaries*. These terms help us create a picture of a reality we can relate to.

The reality of spiritual worlds is likely different from our finite perceptions, but I appreciate the concepts being portrayed in this way.

Spirit Life

Life belongs to infinity and is part of infinity. Movements are infinite and unlimited but made within boundaries. Boundaries are an important part of the plan of creation, set up so that everyone is where they should be as a result of their movement and evolvement through vast worlds.

Life that belongs to a particular universe is part of that universe and is cabined by that universe. Life that belongs to several universes and planes of experiences belongs to these places and is cabined by their boundaries. Life is contained within the residence but has free range of movement in all places within.

Man has his residence upon Earth. His boundary is set by the existence of oxygen in the atmosphere around the Earth. He cannot survive beyond this point unless he takes the environment with him. Even then his supply is limited by time and space so he cannot travel far.

HIs body is made from materials belonging to Earth and there they remain, unable to reach beyond. Because he has glorified his physical existence and physical ego his influence is limited to material worlds and etheric planes of a deeper dimension, even on his passing.

By intellectualising Earth life man's physical mind is only capable of relating to self. It cannot reach beyond physical spheres of influence so his limitations are profound. What

takes place upon Earth remains upon Earth so his area of roaming is limited and we need to ask ourselves why this is so.

When we look at what happens upon Earth we ask ourselves whether we would want such behaviour or thinking patterns to reach beyond the boundaries of Earth. Would they enhance life anywhere else? Are they worth replicating?

Another realm of life that we know of is the realm of the spirit. The worlds where spirit lives also have boundaries. As man is limited to the boundaries of his material world so the spirit is limited to the boundaries of the spirit world but they are far greater and vaster than man can imagine. Within these boundaries the infinite range of spirit's movement and capabilities are more profound, with greater dimension.

Man has one body. Within this body he has the life of his spirit. That is how he knows about spirit. He has come understand that he not only has a physical body and a physical mind but also a spiritual body and a spiritual mind. The question of why his spirit is cabined within the physical form is another explanation.

Man's spirit desires to continue its existence according to its nature. It desires to be part of continued service in the creative work of the Greater Life. Part of the spirit's development of conscious expansion is involved with the material Earth expression; all of which is recorded in the soul that anchors it to the material body.

The spirit is able to live and travel according to its own light, independent of the body, and at some stage of its conscious expansion, independent of the soul. It is able to travel and be where it needs to be by its own cognisance.

The human body and its mind are incapable of awareness of all that the spirit continues to do, even though it exists within. Any awareness it receives is only what is sent through the spiritual mind and impressed upon the physical mind.

Two worlds, the material and the spiritual, meet and co-exist within the human body. They are joined together by chords of light with the soul mediating between the two. Man's task is to free his spirit from material life. One way to do this is via the Path of the Masters, a path of evolvement from the Earth. At the end of this journey the Seeker of Truth becomes a Master, with the full capabilities of spirit.

Along this path all travellers help others complete the journey for to evolve from the Earth all must evolve as one family; the human family. The Earth remains the same until this happens.

Every day Mary and I go out. Fifteen minutes from home there is the city. Fifteen minutes from home there is the country. Fifteen minutes from home there is the seaside.

We drive in the country allowing our eyes to linger on the lush, green vegetation and the white, fluffy clouds in clear blue skies. We walk her dog along the beach looking at calm seas and tempestuous seas. We go to the city on the ferry and view people going about their daily lives. We eat lunch in different places. I feel privileged to live here because this land is healing me.

Sometimes over the years people ask me if I am happy, but I cannot answer this question. I seek peace.

A perception of happiness is dependent upon experiences of happiness, which upon Earth is usually in fleeting moments.

I want peace because my heart is peaceful when I hear a truth and this is quietly fulfilling.

Peace

A channel pure and sweet brings those from our home world closer to us. Because we are so far from home we need

to communicate with our loved ones. We welcome what their wider perspective brings us even though all we can give them is our love. Let us build a channel with everything within us that the spirit from home can use. Let us build the qualities that can strengthen and widen this channel.

You are living for a time on the lonely planet. Although you can communicate with us the channel we can build with you depends upon the materials you provide. You may ask, "What are these materials?"

They are the integrity of your spiritual mind. They are the evolution of your soul. They are your capacity to express your spiritual nature. Constantly these qualities are suppressed by the thoughts, words and actions of your material self. The quality of what can travel through this channel we build together is mutually dependent upon our shared spiritual qualities.

Through the vibration of love we can only send qualities of the spirit; love, knowledge, peace and joy. You can only receive these qualities when you have them within yourself. When your material mind interrupts, communication through this channel ceases.

We only communicate direction concerning your Earth life through this channel when we are directing you to keep important, milestone appointments that lead you to your spiritual work upon Earth. You can receive our help in keeping these appointments but all is yours to develop according to your choice of direction. We encourage development of your spiritual qualities to facilitate your ability to live through difficult times.

Peace comes with acceptance. Those who seek peace first go through a time of turmoil in all the avenues of their lives. Peace follows this time of turmoil when the goal is not to

escape turmoil into peace through retreat, but to progress naturally into its state.

The learning and outcome from this time of turmoil decides the format of the peace to follow; the areas in life where it may be achieved and the areas in life where turmoil will continue to filter through. Peace is strived for and is earned because it incorporates the determination to experience what must be experienced to achieve a good result through what is learnt.

Beyond the Earth, among the stars, you think you will find peace. In the silence, you think you will find peace. Beyond the Earth, among the spirit, you think you will find peace.

What is peace and where can you really find it?

Peace has to be found within. It is the result of informed acceptance of the nature of the human being, stripped of all pretense. Informed acceptance implies an understanding of the co-existence of material and spiritual selves that share the soul within each person. All three are separate, yet irrevocably linked together.

With a harmonious linking, peace within can be achieved. With a tendency towards separation, struggle ensues, harmony flees and peace is impossible, for the outside life reflects the inner state, whatever it may be.

The Earth is noisy for it is very busy. When looking within, those who cannot find peace claim that the constant clamour of sound from the world distracts from the silence so they mask these sounds with beautiful music or guided meditations.

Who you are spiritually brings you your peace. When you sleep you leave the Earth. You go to the place to which you are accustomed. In the morning on awakening should you have peace it is because you have been to a place evolved enough to encompass peace. Because you reach this place of peace you can return with it.

Lose the shadows of the Earth and its life and you will discover the fragility of these shadows. You will then discover serenity and peace.

When we live in spiritual worlds we are not blind to physical worlds but when we live on Earth we are blind to spiritual worlds. They either seem a long way away or non-existent.

I receive teachings and communications that come from other worlds yet they help my journey in this world. I can receive these spiritual teachings and communications because I have a mind that allows me to discern right from wrong and so learn and progress.

Spiritual teachings and communications carry love, care, upliftment and guidance that are communicated to the heart so real learning comes through the heart. Love conveys the essence of the teachings and can be communicated to all who hear or read the words. The love and care promote hope for a new and better future that the words can teach how to achieve. My heart is always deeply touched by the words I receive.

I receive so much I want to speak to other hearts that beat as mine. I want to feel the beat of other hearts in this world and in other worlds. I want to reaffirm the spiritual bond between souls of different worlds. Our hearts are the same and this tells me we are all one, coming together and moving apart in two worlds.

I am reminded of a publishing experience with LeapFog. One morning on waking I am excited because I can hear his voice telling me this day is special. I am shown an outfit to wear so after all chores are completed I get dressed accordingly then collect the mail. In the mailbox I find a contract from the publishing house. All it needs is my signature.

On this day two worlds share the whole day in celebratory fashion and both worlds are filled with laughter. A new life, the writing life is upon me. A third brick is laid on my new path.

Tell Our Story

Tell the story of your own life and you tell our story.
Even though we come to the Earth to live we cannot share our story from here.
It can only be told by you who are living there.

We come to Earth and we go.
We return to Earth and we leave.

Again and again we succumb to the magnetic pull of material life.
We suffer. We cause others to suffer.
And we do it again and again.

Why can we not see this when we are upon Earth?
We see so clearly here.
This understanding can be everyone's understanding.
This is everyone's story.

Tell our story so we can remember.
There are better places for us to be.
There is a better life for us to enjoy.
There is better work for us to be passionate about.

Tell the people of Earth so they may remember.
Tell them to reach beyond this one life.

There is a distant star on the horizon.
Look to this star as a symbol of the future.
Reach beyond it and you can reach us.

We are in a place it saddens us to leave.
But leave we will for Via Dolorosa calls us and we must go.

Tell our story so we may meet here rather than upon Earth.
Here we share our joys. On Earth we share our sorrows.

Unconditional love expressed with sentiment, is not something I accept. I cannot view love as a sentimental appreciation of forgiveness for whatever dark deed is done.

My current perception of love is caring about what is good for people; not good in the sense of *I know what is best for you*, but good in the sense of what contributes to a person's independent, spiritual progression in life; bearing in mind that *spiritual* in this sense means all that is noble in a person. When people treat others without care I cannot see this being good for anyone and I cannot feel love in the wake of such acts.

As my appreciation of love's aspects widens so does the field of people who exhibit these aspects. My path crosses more frequently with kind and loving people who care, although others sometimes treat their caring as weakness to be exploited.

Real caring is carried by inner strength and self-determination of one's own life.

I ask for a definition of *unconditional love* that can sit easily with my heart.

Unconditional love is acceptance of the right of each human being to be on Earth where he or she has an opportunity to spiritually progress.

Admonishment

To the soul of man,

You flout my laws.
You destroy my creations.
You ignore your spirit within.

You rule your little kingdom.
You do not question your own superiority.
I admonish you.

I admonish you by calling you to the Earth alone.
I admonish you by imbuing your health with uncertainty.
I admonish you by removing your memories.
I admonish you by confining you to your galaxy.
I admonish you by forbidding you knowledge of your death.
I admonish you by not allowing you certainty of your future.

Love is my only gift to you. I admonish you through love. Recognise my love and you will find a path from the Earth that can regenerate your memories with a future life built on past experiences. Through discovery of your spirit within you may come to an acceptance of why things are as they are.

Each day is an adventure for we do not know what it is going to bring. Each day is a complete life filled with different experiences and emotions. Whether we are happy or sad we are greeted by the unexpected. The end of the day sometimes turns out to be completely different from the promise of its birth.

Today is my birthday and I feel desolate. He always gives me beautiful cards that I place next to the roses he buys me. This year I place one of his beautiful birthday cards beside a vase holding a single rose and I light a candle for him. The card has a bowl of roses on the front and inside he has written these words.

You are the one I always wanted to meet. The sight of you and your lovely smile I will never forget. For your beauty, kindness and confidence I am sure you will be successful and achieve the best.

I cannot find my sunglasses which should be in the car but are not. I tear the car apart but they are not to be found. I had bought these cheap frames in a mall I do not frequent so I return there to buy some more. At the entrance an art shop has displayed, at half price, a beautifully framed, metal, three-dimensional picture of a basket of roses. I love metal. Roses are his favourite flowers and we both love to bargain. Feeling a push in my back I bargain the price down further and take the picture home.

As soon as I arrive home a stranger knocks on my door seeking treatment; for the exact price of the picture. After the patient leaves I try to hang the picture but it is too heavy. In that moment of despair a friend knocks on the door and in a few moments the task is achieved.

The next day I find my sunglasses in the car. Am I blind? I see the patient at the local shops but when I speak to him he does not recognise me or remember having treatment.

My birthday becomes a joyful day filled with adventure. I am smiling because I feel as though he has spent the day with me and we have gone shopping together to buy a present for my birthday.

Talk to Me

Play music every day. Music will make you cheerful. Let us dance together. Let us laugh together. I do not want to see you cry anymore.

Please, for me, accept that I have gone from your sight. Remember I can see you so I want to see you smile. Let us be happy together like always. I never want to make you sad.

Your finances will be all right. Later you will recoup your losses. Your books will sell later, not yet. Do the work. It makes you happy. This time is for learning to be happy again. As you write new teachings I am writing every line with you.

I want you to be happy because then your light radiates a beautiful gold. When you are sad your light diminishes. It becomes more blue, streaked with silver, the colour relating to your spiritual family and the work you are doing.

Spiritual families here are like different races upon Earth. Their differences show in their lights. There are different lights for different families doing different work. On Earth you see a tiny part of the spectrum of light but here we see an enormous spectrum of light.

I want you to stay young and beautiful. I do not want your face to become lined so do not worry. Your quiet life is good for your health but still go out each day. Talk to everyone you meet. Share some time with them. Smile with them as you taught me to. Dress up. I like you to be proud and confident. Do everything you want and shine when you do it. Your smile shines as it reflects your light, so shine for me.

Although your heart is big it can be bigger. There is more love to come. Take it. Whoever loves you is loving you for me, so let me love you in this way. I know you understand.

You have been remembering me as your love. Remember me as your friend and the pain of loss will go. As time continues you will remember me in a different way because our lights will merge and communicate.

Who we are and what we do contribute to the evolvement of the human family.

Each of you receives numerous opportunities to do things again and again until you get them right and complete your contribution to what is weaved into the tapestry of the life of the human family. What you add to one part of the cloth

affects every part in the weaving of a completed pattern so you each play an important part in the lives of all. You each mean something.

I write from deep within my soul that knows the larger picture of my life.

Tapestry

To all the souls of my life that I have known, even if only for a moment, I ask your forgiveness.

For any wrong I may have done you, I ask your forgiveness.
For any unkind word I may have spoken, I ask your forgiveness.
For any selfish action that may have hurt you, I ask your forgiveness.
Because I knew you or met you, you are part of my family.
You are a part of my soul's memory and this is our bond.

What you have said I have said, so I forgive you.
What you have done, I have done, so I forgive you.
What you have endured I have endured, so I understand you.

Although I may not have liked your personalities you needed them for your journey. Without them you would not have achieved what you did. Your presence on the periphery of my life urged me into action. Your presence helped drive me down the path of independence. Your presence taught me what I did not want. For this you were important. You all fitted so perfectly into the tapestry of my life no thoughts, words or actions have harmed me. You have only helped me along my path.

After the passing how do we greet those we knew in this life?

How do we greet those who influenced us in this life?

We do so with love and forgiveness. Forgiveness allows each of us to move freely and happily in our new and perfect direction after the passing. Let us rejoice that our moments, days or years of contact helped sew the tapestry of all our lives in some important way.

Let us forgive each other for what we did or did not do. We played a part in each other's lives that was important. Let us love each other so our individual journeys may continue for a while without any ties to redeem. Rather let us continue our journeys in service and be with those we need to be with for a time.

In some time, in some place, we can then all come together again to weave another tapestry of lives. May next time be better.

He taught me to *face facts,* even when unpalatable. I have to accept his passing but how long does acceptance take? His passing seems part of a dream from which I will wake soon. How can I not believe in a continuing life when he is still so alive to me? Still we sit in quiet companionship and I can feel his hand holding mine.

His love and care continue in the form of actions as it always has. He shares himself with me so I am not alone when I am afraid or sad.

What you feel I feel. When I lighten your load, I lighten my load.

If we can nourish good upon Earth, where it is difficult to do so, surely, we must continue to nourish all that is good in another place where it can be done with greater ease? How

can the good in all human beings that is so magnificent not continue to flourish as flowers in a well-nourished and well-watered garden?

Protect Your Future

There is nothing you can do. There is nothing I can do.
I can only love you. I can only support you.
I feel your tears. I feel your pain.
What I cannot feel now is the passing of time.
What I can feel is that in a short while you will join me, but you cannot feel it like that. You feel it to be a long time.

Build the best life you can without my presence. I will be here for you when it is what you want. If you can forget me for long periods of time this is good for you.

It will enable you to build a new life. I promise you that a door will open when you are ready, because your heart is large and you must love.

No one is good and no one is bad. Do not think about that. Trust your judgment because you do not believe the charm of beautiful speech and I have talked so much about you protecting your future.

I am with you in your beautiful home. You are not alone at home. I try to make you smile your beautiful smile. When you pray, I pray with you. Please, for me, be happy in the life you have. Its simplicity is lovely and you have peace all around you.

This time of peace is for you to write your books. When you write, I write with you. Your books are another form of treatment and people will read them. Please do not worry about anything. Follow your heart. It has always taken you to where you need to be. Do not waste this time, but get plenty of rest. Walk every day and you will feel better.

Symbols and pictures can be interpreted materially or spiritually. Some meanings are more esoteric than others. Like all truth the depth of meaning depends upon the expertise of the person interpreting. *Magus*, derived from Sanskrit, means the great or wise. Spiritually, *magic* means the divine life in spirit.

Throughout history, as the king of all birds, the Falcon Eagle symbolises spirit, light, visionary power, wisdom, guardianship and success. As an emblem of the rising sun in Ancient Egypt, the God Ra was shown with the head of a Falcon.

When our thoughts and our ways focus on the desires of our physical nature we are stung by the scorpion of Scorpio because living this way diminishes our energy and depletes our health. When we follow the path of regeneration the physical interpretation of Scorpio transmutes into the Serpent of Wisdom so our thoughts and spiritual nature can fly upwards on the wings of the White Eagle, symbolic of the higher mind of Sagittarius.

Promise of the Falcon's Return

I dreaded the day that has now come to pass as I stand at the top of the hill. All ahead of me have passed and I am alone. Those behind me, who follow, are below. I can only look up to a world beyond earthly vision; the place of my future.

I have no-one here who can guide me, teach me, comfort me or encourage me. I look to the sky and who will I see?

You have been presented with the Magus, the Falcon Eagle and He Who Has Eyes like Diamonds. You have the choice.

I seek the direction of the Falcon. The Magus offered me a tenuous journey embodying knowledge. He who is the Falcon promised to return. Accompanying him is He Who Has Eyes

like Diamonds. Should I be permitted such association, it will be beyond anything dreamt of or deserved and I will be humbled.

Drop to your knees for this is the light of truth, the light of holy direction.
Have you secured the four horses of the phaeton?
Love? Money? Security? Work?

Love is secured, but no longer with me.
Security is assured, a fleeting moment.
Money is apparent, and earned in due season.
Work is gifted and I am a willing participant.
A new threshold.
A new direction.
A strengthened dedication.

What we are radiates from us. Our spirits may shine as a bright sun or as a candle flame, depending upon the conditions we provide. No matter the path we follow, no matter our beliefs, we progress individually according to our hearts and some part of our spirit shines; apparent to those whose spirits are shining in the self-same manner.

Tongues of Flame

Lose "me" and link with the light.
Blend with the spirit and merge with universal life.

Have no fear.
When you lose *me* you do not lose individuality.
You blend with the light.
You become part of the light, able to withdraw at any given moment.

At the position of the Magnificence the expansion of light is immense and illustrious, radiating outwards according to the principles of creation. As you merge you move forward and onward with the Magnificence as it travels leaving a trail of light that gradually diminishes to sparks, becoming finer and smaller over a greater distance. All is as a comet streaking through the skies.

Those following behind, according to their light, step onto the trail, entering the comet of light according to their evolvement which determines the exact point of entry. The burning luminosity at any other point repels, for its intensity consumes. Those who step onto the path where the light is greater have lights of the same intensity at that point. Those who step onto the path further into the distance where the light is finer, as sparks, are at the point of entry compatible with their own light. They have further to travel and a longer journey and according to the luminosity of their light they follow this path as far as they wish.

All have varying journeys but all have this chosen direction that assures them of safe arrival at a glorious and illumined destination for it is the path a Master has laid.

Lose "me" and you find the light by following the path laid by the Magnificence, the Illustrious One, the Illumined Master who serves all creation.
We are one because our desires are one.
We are one because our hearts are one.
We are one because our love is one.

Everything is radiating from the Great Spirit which is the direction we, as light, are moving towards. The light is radiating towards us but we are moving, according to our evolvement, against its stream, towards its source. Although we are merging with this light we are merging against its

outward direction for we are on the return journey. We must struggle to extricate *me* and become one with the universal plan of creation.

Although we are merged, at any given moment we can disengage to do work elsewhere or move in a different direction because *me* has entered our awareness once more. It is hard to lose *me* completely and forever. Like the tail of the comet there are links of love behind and on the backward glance *me* resurfaces.

This is the constant moving in and out of the great light of the Magnificence, seen as a pulsating of magnificent radiations. Each desire, each intention is a tongue of flame instantly reaching out towards the direction of its aspiration.

The world is not an easy place. I live in a country that permits freedom; freedom to spend my time how I wish; freedom to eat what I wish; freedom to work where and when I will; freedom to live with whom I choose. I am not fighting to put bread on my table. I am not fighting for my life.

I recall the words of a toast from the film Titanic;
To making it count.
I want my life to count for something. I have brought a light to this world that others can look towards and find a way through their troubles, just as his light helped me find a way through my troubles. Our lights help others. We do not always know how, but it is so. We just have to care.

Live For Another

I am talking to the people who are comfortable.
I am talking to the people who are secure.
I am talking to the people who have time for leisure.
I am talking to the people who can enjoy life.

It is your hearts I seek to fill with love for the life of all.
It is your souls I seek to inspire to fulfil an unselfish destiny.
It is your spirits I seek to release from the mind of man.

You are the ones with time.
You are the ones who can work for the greater good.
You are the ones who can allow your spirits to achieve.

What thoughts do you fill your minds with?
What emotions do you fill your hearts with?
What aspirations do you fill your souls with?

In the whole of your life, I ask that each of you take one person by the hand, one person who needs to learn from you and only you, and show this person a better way. Show this person the path to hope for a life greater than this. Show him a dream he can fulfil for the betterment of another. By your example teach him how to love and live to serve another.

The Sword of Truth lies between a teaching that speaks of looking beyond self to others and a teaching that speaks of purpose. This teaching reflects our position in life.

We stand between heaven and Earth and affect and are affected by both. What we are prepared to learn and what we are prepared to do to learn determines which has our focus. Our focus results from what emanates from the desire of our hearts. Our hearts provide the impetus for our actions that lay the steps of our lives. At some stage we realise the significance of a purposeful destiny that affects the lives of others?

Sword of Truth

Why did I not see before that these teachings are beautiful and wise?

You could not see this until everything we laid before you had come to pass.
You have achieved what you set out to achieve.
You have lived through what was foretold.
You have experienced and achieved all you had hoped to experience and achieve.
You have experienced all you were afraid to experience.

Your spirit has expanded your soul's awareness and your material mind has become your servant. You have learnt acceptance causing life to become beautiful in its simplicity. Because of this we may speak to your heart.

You are now a servant of all who have life.
We shall accompany you for the rest of your days.
When it is time for you to slip away, we shall send love for you.
From this moment forward you will only see the world as a beautiful place.
This beauty will translate into your spiritual world when you enter it once more.
There your work will continue.
The path you have experienced and laid for others is a path of hope; a path into a future growth that goes beyond mortal endeavour.
This people can relate to, even when they deny it.
No one wants to feel that mortal life is all there is.
There is not enough purpose in this philosophy.

The future is assured. Live the Ely life and be joyful.
When you are sad or lonely pick up your pen and write.
We will fill your heart so the shadows depart.

Look ahead for you will be carrying the Sword of Truth.

Because of this much will be asked of you.

We have great depth. Our spirits are as expansive as the universe and capable of much. How to plumb these depths? How to find what we need so we may live and work for something greater than ourselves in our normal, everyday life?

When you discover an aspect of your spirit it immediately radiates outwards to lend its light to your human family, for its light belongs to what is more than you.

Spiritual Working Life

Your spiritual work is your gateway to a new life.

This gateway is opened through discipline and severity; while doing what you love to do.

Your concern is only with the love vibration and this is what you communicate in all your teachings and writings.

Continue to raise your vibration above personality.

Your spirit can radiate in your home when you fill your home with colourful flowers.

Have them around you when you write.

Bring their magic into your home.

It will heal others.

People will oppose your work, bringing sudden calamities to you.

Patients are based in feeling so your counsel for them is as individuals.

You will remain in your neighborhood which at times will upset you.

All relationships change. Now this is so for us. I am learning not to linger in the past so our continuing relationship can grow into something new. It has to be different because our locations are different. I can continue to experience him through his love and support. Our conversations can

continue. In what manner and for how long I do not know. I only know now.

Change

I understand change. It is upon me again. A new life beckons and I shall leave behind all that belongs to the old life.

Enter once again.
Be seated and tell me your story.

I still seek my destiny. I still crave certainty that my life is meaningful. The love I have known is still part of me and continues to drive me onward.

Through all you have experienced love has stood at your side.

I am master of my own destiny but I remain a student of life. I am living the life I have been born to and I am where I need to be. Whenever I receive a teaching my eyes are being focused onto a particular point on the horizon that is my current destination. My task, using the knowledge given, is to make the journey to that point. Upon arrival a new focus is then directed according to what I have incorporated into my soul on the journey.

Faces of Spirit

We have said you are spirit, born far from Earth and on a return journey home. We have asked you to learn to listen to your spirit; the greatest, most noble part of yourself, for it can guide you in goodness. It can provide you with inner certainty and it can show you the path of love that is your path of evolvement.

To you, upon Earth, the spirit is noble for it is part of the Great Spirit. This makes you feel more worthy of greater things

in life. This provides you with hope that there is a greater future lying beyond Earth life. This helps you to cope with physical life and the physical body.

Everything in life has two faces. There are two aspects to all philosophy. When you understand the relationship of your spirit within to your physical self you can see that your spirit is greater. This encourages you to seek a truthful, more in depth perception of spiritual life. This encourages you to contact spirit, both your own within and other spirits from beyond.

There is a caution around any search for spiritual truth because it can result in your physical life revolving completely around what you perceive to be your spiritual life. This has serious drawbacks because your view of spiritual life is from a physical perspective.

In your striving to become spiritual you may form a picture in your mind of what being spiritual means. This picture can incorporate denial of some aspects of physical life; denial of what it means to be human; denial of physical appetites; denial of living life fully. This becomes denial of joy.

Denial can be used as a pretext for not putting effort into living your physical life joyfully and successfully.

Through natural law, wherever you find yourself living, you are where you are so you can participate fully in the life of that place. You do this by adopting the ways of that world. To deny any part of life in the place you find yourself to be living is to deny yourself the experiences of that world. Wherever the Lords of Life place you, you are there to educate your spirit about that life. It is important to understand this because you can only live a completely spiritual life when you are in a completely spiritual world.

Upon Earth arrogance is more apparent than humility. When you focus on your picture of what constitutes a spiritual life you can neglect the essence of why you are where you are. You can become filled with pride at what you perceive to be

spiritual achievement; filled with pride because you have overcome certain physical attributes; filled with pride at your development of psychic abilities; filled with pride at your ability to make contact with spirit; filled with pride at the high esteem others place you in because of your achievements. There is a real danger for you in this because pride inhibits progression towards teachings of light. Pride causes your direction to focus elsewhere.

Pride is a human trait. This you understand. Pride is a material reflection of the spiritual quality of humility. Pride becomes apparent, depending upon whether the spirit is moving in a regenerating direction or a degenerating direction. With each experience you see-saw between these two directions.

Your human spirit has another face. Because it is created life it has to evolve. It has to seek perfection. It has to experience to develop conscious awareness. On its journey it has already been exposed to pride and because of this has been humbled. Your spirit only seems perfect to you because of its relationship to the physical body and the physical mind. To you, in the physical body, the spirit represents the next step up.

The spirit gives the body life so it may experience physical life; a condition that at this period of time opposes the progress of the spirit. The main purpose in life for the spirit is its drive to continue to expand its conscious awareness of life, even when it is placed in adverse conditions. You can change these adverse conditions when you allow your spirit to expand.

How can you do this?

Enjoy the life of the human being. Enjoy physical life. Out of that joy learn to enjoy the soul life. Out of that joy, learn to enjoy the spiritual life. Every aspect of human life is for you to

experience. Every aspect of human life can become a celebration of the gift of life. If you do not live in this way because you practise denial, having decided that certain aspects are not spiritual, you are neglecting some part of your education. Should you decide some aspects of human life are not good you are second guessing the creator.

Fulfil your spirit by leading a fulfilling life. Do what you love to do to the best of your ability, according to the opportunities you are able to create for yourself. Show others your joy so they can learn there is a better way for them to live. Show others how to build their self- confidence so they can fulfil themselves.

Do not try to make the path easier for others. Do not give others the goods of the Earth. They must work themselves for what the world offers. They must find and build their own path but you can be a support in their difficult times. You can lend them your strength. This is a noble way to help others. This is true help.

The relationship between the human being and the spirit is one face. It denotes a certain position on the evolutionary stream of the continuing life of the human being.

Another face of spirit is its position in creation on the chord of evolution. The spirit within the human body has a relationship with life on its own level and above. When spirit looks at life above its evolution it is looking in the same way the human being looks at evolved spiritual beings of light. In this situation spirit is humbled for it has to continue to find its way to Teachings of Truth. It has to continue to find the Path of the Masters.

Because of the soul's reinstated memory the spirit knows where it has been and where it desires to go. Because of its experiences of different worlds there is *me* within *I am* in the soul. This, the spirit has to transpose. Lessons of arrogance and humility still hold good. Lessons of ego still hold good.

Like the human being on Earth, the spirit chooses its direction of evolution through service and growth; moving in the direction that holds its interest. There is no arrival. The world the spirit moves in it builds in an instant, according to its desire and inspiration.

On passing from the physical body the human spirit goes to where its thoughts and desires take it, according to its evolvement. It is among those of its spiritual family at a similar position in the evolutionary stream of life. Natural law holds the spirit where it should be until its learning takes it in a different direction for directions are limitless and flawless.

We do not have to concern ourselves with thinking about the nature of God, the creator, the Great Spirit, the source of all life. We do not have to try to evaluate what it is and how it expects us to live. We are such a distance from the source of all that is, it is as though we are encapsulated in the area of life we are presently associated with. Within this association of physical and spiritual life relating to the Earth all the knowledge and learning we are capable of is available, awaiting our discovery.

By banishing thoughts of the unknowable, we banish fear. When we banish fear, we can experience life fully and joyfully, living each moment in the best way possible. We then progress to an even better way to live, for our capacity for joy and love grows with us and laughter rules supreme.

As human beings we must worship because we are created beings. In this Age of Aquarius let us direct our worship to an appreciation of life; that mysterious, unseen force that is only recognisable in its varied manifestations of form.

By valuing all life, we are worshipping a creative principle; the Divine that is beyond comprehension. All we need to do is live our lives and enhance the lives of all who live within our

influence, for all have a right to be here. Even though we all have life, it is greater than all of us.

Love for the Great Spirit

Recognition of the Great Spirit is recognition of a being greater than man is unable to conceive; a being with resources and abilities beyond those of man's capabilities. Yet in saying this, beyond even the Great Spirit is the supreme one; the God of all, the Divine ineffable; beyond words or comprehension.

The Great Spirit is a cosmic term that goes beyond any culture, religion or belief, yet encompasses them all. It is a term that is an acknowledgement of awe and respect for it encompasses the highest aspect of life we, as human beings, can relate to because we have a spark of its life within us.

Life is something of which we are only a tiny part and we can only conceive that which we play a part in. Our material life belongs to the Earth and is confined to the Earth. Our inner life belongs to worlds greater than the material mind can imagine. When we comprehend the meaning of life we acknowledge that it is given and can be taken away.

Our acknowledgement of the Great Spirit is expressed as awareness, adoration, humility and awe. All of these are embodied in the one word, *love*.

Love for the Great Spirit is not expressed as a human emotion. It is beyond emotion, feelings or personality. It is a comprehension and acceptance of our status in the scheme of things.

It is an acknowledgement that our life, and all we understand as living, comes from this vast magnificence, none of which is generated by ourselves. It is an awareness that our physical and spiritual life has been given to us to express in whatever way we choose. We ask ourselves whether we are making full use of all it entails.

We relate to the Great Spirit through the world we perceive and the life we experience.

Let us recognise the Great Spirit in all life.
Let us recognise the Great Spirit in all people.
Let us recognise the Great Spirit in our world and universe.
Let us love the Great Spirit through awe of its aspect of Divinity.
Let us love the Great Spirit through awareness of its creative power.
Let us love the Great Spirit through acknowledgement of its eminence.
Let us love the Great Spirit in humility, acknowledging that the greatest gifts and abilities we have fade into nothing in relation to the infinity of life that is the Great Spirit.
Let us love the Great Spirit through gratitude for the life we have been given.
Let us love the Great Spirit.

We construct our physical lives with our thoughts that construct situations and carry us powerfully into our future, moulding and creating its character.

This is how thoughts travel the world, creating the character of its people.

To a Conclusion

Analyse your thoughts and you will see that each thought belongs to a particular chord or thread. In a whole life you are likely to produce only a few threads that emanate both to and from you. All thoughts of a similar nature attach themselves to the appropriate thread.

At any stage in life when one thread is stronger than the others it builds the direction of your actions and path. When

your thoughts change dramatically they have switched to another thread, sometimes one you have begun in earlier years; your life and actions having followed its direction for a time.

On returning to a thread previously begun, you revisit or re-create situations once again. Associations and ideas are renewed and their direction is faced once more.

Each time you do this you have been given an opportunity to bring matters to a conclusion. This is why some periods of your life have no connection to other periods; each lasting a predestined time, one thread often having precedence over others.

The thoughts of many people remain steady. They build a life that is steady, building on the same thoughts as when the thread was begun. For others, as life progresses different threads are woven and different directions presented. After a short time threads come to a conclusion, thoughts are channelled anew and another thread is picked up.

Is life not an incredible fabric that we all weave with our own choosing? The threads of thoughts we weave make contact with similar threads woven by others and have an impact upon those who help us discover new avenues of growth and direction.

The tapestry is complex. Its development is infinite. Enjoy the weaving that incorporates acceptance of responsibility.

Depending upon their nature the weaving of threads of thoughts may ascend.

According to their colour they may be renewed and strengthened from another realm both by yourself upon your visitation or through those other weavers.

Threads of thoughts are your future.

I want to be creative in some way forever because creativity makes daily life a more vibrant reality. It paints rainbows and colours experiences. It makes me feel more alive.

When I am fifteen I have a friend who is sixty two. She takes me to Old Time Dancing. I learn the Veleta, Swing Waltz and much more, even though everyone is her age. Surprisingly there is one young man my age and we learn together. My friend starts me on my journey of love for dance that I periodically take up and leave at different stages of life.

Over the years I learn Ballroom, Latin, Rock and Roll and Argentinean Tango and I love them all. Each new venture into dance brings an interesting person into my life for that time.

I suggest to patients that they take up dance as a form of exercise because the combination of rhythm and music produces the healing quality of laughter.

Love carries you gently into your future. It spreads throughout the world, changing forever those who are touched by its beauty.

Healing the Heart

The shape of the heart is a road of experiences drawn by the people who provide them.

The heart is a vessel that is filled with what is learnt from these experiences and people. They may come and they may go but they leave an indelible mark that shapes the heart and develops its substance. Let the substance of any who fill your heart remain and not dissipate with their leaving.

The heart's strength increases as more substance is added through experiences and the people concerned. This is love, the drawing in of a substance from people and experiences. In this way they contribute to your life and who you are, strengthening you and your capacity to live fully.

The reverse is also true. People and experiences can erode the substance in your heart that gives you your strength.

Should this become apparent these experiences should be banished forever and these people ejected from your heart so you do not become diminished in any way.

The teachings cover all aspects of life. They can be difficult because they call for us to make changes within ourselves that result in changes in our lives.

Making changes takes courage because it is human nature to prefer what is familiar and discount what is not. It is human nature to say *this is who I am* and accept it.

Change takes us from the known to the unknown and we can choose what changes to make and how to make them. When we cannot change, who knows what adventures we are missing out on.

It is easy to believe that what we feel, say and do is who we are and is forever. I cannot accept that what I am thinking and doing now is that way. I will always reach for more. I will always reach for greater.

Change Your Ways

Why should I change my ways? I am not afraid. I can do what I want. Why should I want to help you or anyone else? I do not like work. I can steal and bribe my way through every avenue of life. Why should I change?

Do you know when you will die?
Do you know how you will die?
Will you call for your mother?

When you cannot sleep will you cry because you are alone? Who will listen to what you have to say? Who will calm you when your temper frays? Your life is over by one third. Did

these years pass quickly? Do you want the second third to be the same?

Wake up. You are asleep. Your heart is heavy and your mind is pretending. You rush around to hide from others your slow and heavy step. How long since you truly laughed just because you wanted to laugh?

I will listen to you. I will accompany you. There is another world after this. Please hear me. You will live in this world. It will be a familiar world for it will be filled with all your thoughts.

Life brings us the people we need at the appropriate time. When I am young I have older friends and now I am older I have younger friends.

When I am six years old my friend who teaches me to ride horses is twenty. When I am thirteen years old two friends who give me experiences of horse racing and polo are in their fifties. When I am thirteen my friend who teaches me to shoot and drive is in his thirties. Throughout my show jumping years in my early teens, my friend who takes me under his wing is in his forties.

These wonderful people are my protectors in the independent life I start building at six years of age because I feel alone. At this age I know I must forge my own path in life, without expecting support or help from others.

During each phase of ensuing life I have an older friend and I have a deep respect for their wisdom, enjoying their quiet gentleness and understanding. As I get older I have younger friends so maybe the roles have become reversed.

We live in a youth orientated culture now so young people do not always want to listen to or talk to older people. They are missing so much because of this. I still look at older people and know they have a story to tell.

Look Ahead

You always want to know what is going to happen and this I can tell you. You have many years ahead. For what they bring you need my love, for much will be asked of you.

You will see friends out but my presence in the later years will become more real to you. You will never be alone for one person will always come to you to convey my presence of love.

Your books are important because future generations need to find them in times when simple truth is not apparent or available. You will secure their availability, their source in multiple places. The money to do this will be generated by the books.

The love vibration that fills your heart is my signature.
You are in my heart.
You are in my life.
You are my joy.
I am in your blood.
I am in your mind.
I am in your soul.

Emotions play a large role in human life yet we bury them. They are not talked about and not shared. What is it that makes us so afraid of our emotions? Does the display of raw emotion trigger our own vulnerability?

When people are emotional words of comfort can be hard to find but a kind look and a gentle touch always convey emotional empathy that profoundly touches the heart.

Mastery of emotions is hard to learn. You bring what is dark to light. When you have strong, uncontrolled or buried emotions change brings them to the surface, giving you a chance to redirect their energies into a positive light.

Emotions

Everyone will acknowledge that they have difficulty in mastering their emotions. The word emotion comes from Latin. E means to leave, to go out. Emotions cause energy that should be used for the efficient running of the internal organs, to leave the body and be wasted. This has a detrimental effect upon the health and indirectly affects the ability of the spirit to function within the body.

Emotions themselves are not injurious. They are steps to ascendancy. Their injurious character comes from a physical interpretation of the spiritual qualities of patience, humility, generosity, love, chastity, temperance and diligence. The seven physical and emotional attributes of these spiritual qualities are anger, pride, greed, envy, lust, gluttony and sloth. Mastery of these emotions is paramount to progression.

The relationship between the physical body and the spiritual body is imbalanced. The spiritual self is seeking to express its ideals in a world belonging to the physical self. In comparison to the spiritual self the physical body is dense matter and has a lower vibration. It is protective of its right to exist and it does this by allowing the spirit minimal exposure.

The physical body knows its existence is temporary but, like a child, it does not want to accept restrictions. It seeks to cling to its existence, to its life. It is possessive of its life force and everything that enhances it for it is proud of what it is and the life it has. This attitude leads to emotional excesses.

Should the physical body give way to spiritual expression it would become changed, slowly refining and etherealising, slowly diminishing as the life of the spirit expands. Its pride in its achievements and its jealously guarded love of self would fade away.

This realisation results in hatred for anything that can diminish who and what the physical body is and its right to its present state of existence and expression through its mind. It

seeks to anchor itself securely to the Earth and it does so through the seven deadly sins, so called because they signpost the road to annihilation.

Anyone or anything that gets in the way of its purpose feels the force of its anger. It jealously guards its way of life, causing others to do work it dislikes so it may achieve more and be better than those around.

Anger is a self-righteous justification of personal actions. Moderate anger and it becomes patience and a drive for justice that is non-reactive.

Pride is an excessive need to achieve without the appreciation that others have contributed in some way to the successful result. Moderate pride and it becomes appreciation of personal effort that has brought about a successful result. This appreciation is humility; the acceptance that opportunities provided by the universe and other people have contributed to the outcome.

Greed is an unstoppable desire for accumulation beyond the necessary acquisition of life's produce. Moderate greed and it becomes generosity which exhibits appreciation of intrinsic beauty that does not have to be possessed but is shared.

Envy and jealousy are an inflated need for what another has without putting effort into achieving for self. Moderate jealousy and it becomes love embodying protection.

Lust is the overwhelming desire for pleasure, self-gratification, and self-replication. Put lust into perspective and it becomes chastity with a desire to procreate so souls seeking enlightenment can enter the Earth.

Gluttony is over-exuberance for the arousal of the sensation of the taste buds. Moderate gluttony and it becomes temperance that recognises the need for the five flavours of bitter, sweet, salty, pungent and sour; all necessary for good health.

Laziness or sloth is an indulgence in the sensation of mortality. Moderate laziness and it becomes tiredness that indicates a need for rest after a period of diligence and labour.

Once "me" is eradicated from thought, pride becomes humility, greed becomes generosity, jealousy and envy become love, anger becomes patience, lust becomes chastity, gluttony becomes temperance and sloth and laziness become liveliness and diligence.

I am grateful for Tai Chi Chuen. It embodies all that makes up the human being for it embodies the philosophy of the universe. It teaches self-control so we can live safely within our environment. It teaches the eyes, body and mind to work together. It teaches timing; knowing when to be quiet and conserve energy, and when to be active. It teaches the difference between planning and dreaming.

I look around the world and see people whose company I would welcome and people I do not want to even see. Just as I choose people who complement my life, I choose spiritual contact that complements my life. I choose evolved spirit. Evolved spirit can teach and I want to continue to learn.

Those in the greater beyond are constantly in compatible company because there the Law of Attraction works to full capacity.

The spiritual teachers know what I need but I have to evolve to be where I need to be to receive what they offer.

I have a vision. The teachers stand across the horizon of my mind. Their stature is majestic. Their presence is regal and their quality of stillness dominates the horizon. Behind them stand all who play a part in these teachings and their number is great. All send a gentle support in my direction but they

stand distanced from me. My only contacts are the teachers whom I never meet, yet know so well.

Warrior

Now you are strong, able to stand up to any who attempt to block your path. You are grounded and have a strong and sturdy stride. Your thoughts can ascend. At your side hangs the Sword of Truth, able to cut down lies, distortions and weakness that hide behind the social customs of the times.

Continue to stand outside society. Speak against inequity without fear. Anger can be a brief sunburst of flame that destroys spoken lies floating through your space. It is time for the warrior to assert his strength through eloquence.

With the sword at your side, stand against one.
With the sword at your side, stand against the few.
With the sword at your side, stand against a horde.
With a clean stroke cut down pretence and half-truths.

Do this with a quiet dignity that is strength. Show your certainty. Show simple directness that is rapier sharp.

The sword of truth is one sentence that cuts through preamble, justification and half-truths that abound. The sword of truth cuts a line around you that no man can cross. In this it becomes your protection. The sword of truth causes people to stand in silence until they have integrity to express. The sword of truth is a phenomenon that produces humility.

Early on this journey of discovery I read that after the passing we go through the River of Cleansing. I understand these cleansing waters to be allegorical, having a deeper meaning so I ask the teachers to explain.

When you die there is a cleansing of your experiences of Earth; leaving behind those people who do not continue with you.

In a vision I am taken into a luminous, colourful and iridescent meadow; a place that is joyful to be in. I am led to deep waters. When I enter the water is as smooth as silk. It washes over me and through me. I submerge, breathe through every cell and am filled with the wonder of the experience. I laugh and sing. I am filled with happiness.

It is time to go.
No, not yet.

I linger for as long as possible, not wanting to leave, but I must return to the life I have now.

Glorious Gift of Death

I write about death, but death is life.
I write about life, but life is love.
I write about love, but love is eternal and what is eternal never dies.

My love has passed on and I miss him.
My loves now flies but I miss the smile of his eyes.
The way he walks, the way he protects and the timbre of his voice fades into the distance and I am alone.

The sight of him, the sound of him, the taste of him, the smell of him and the touch of him were occasional, for Earth life is busy and days are filled with experiences and people.

The face of death is a glorious gift. It shatters the boundaries and the light of love can travel. What was once occasional is now constant and encompassing.

He sends me the smell of the flowers he loved so much.
He guides me to buy a gift from him that I may treasure.
He borrows a voice and speaks through another.
He knocks on my house and enters, bringing music and laughter.
His presence fills me and his love in my heart overflows.
His aura radiated to reach me wherever I was and always I was aware of his life.
It spread from his position and rolled like a wave, communicating his presence and I was never alone.
From his home above the clouds his aura now fills the sky reaching down with the force of thunder, narrowing until it enters my crown and I am never alone. Where I was one now another suffuses me and I am never alone.

He settles me so I may hear my teachers.
He heals me so I may be active.
He guides me so I may write.
He cajoles me so I may laugh.

When loneliness peaks it washes over me and I am like an automaton; doing what I must without thought. Loneliness is not the result of my need for people. It is the result of my need for him. He speaks to my heart. He knows my soul. He understands my mind. He touches my spirit.

Destiny drew you together because you had each arrived at a point in your evolvement when it was possible to meet upon Earth.

I think of his empathy that transmits his desire to ease my troubles.

I think of his graceful movement that mirrors his ease with the world.

I think of his compassion that he gives freely to all people.

I think of his wisdom that he earns through difficulties.

I tell myself that it is better that I remember him through these of his qualities because he is so much more now than what he was on Earth. My soul is speaking in anguish again and I can only observe.

You and I

I look to the skies but I cannot find your face. I search the horizon above the sea but I cannot sense your approach. The swell of music fills the air but you are not playing. The one who stands on the corner is not you.

But then the cold wind comes. It brushes my feet and centres me in its eddy. The glow of another sun fills the sky and I see you with my heart. Your presence pervades my space. Our auras blend as one. Our hearts conjoin. You speak to me without words and my life blends with yours even though it is but a day in your life. Already we meet again. Already we work together.

Through your eyes all worlds are beautiful. When I speak of you my words shall paint a picture of your world so I need your words.

I am more alive now. I am more than when I was on Earth.

I cannot define myself by what I do. I cannot describe myself with a title. I cannot say *I am a writer; I am an acupuncturist*. Titles and descriptions confine and inhibit so I do not want to be described by what I once learnt. I want to keep learning, changing and growing.

I want to communicate with the spirit world effortlessly and naturally so I am seeking to learn and improve all skills

needed for this task. I have been spoilt by his ability to present himself to me visually and audibly so of course I now have high expectations of both him and myself.

Ever mindful to avoid description, interpretation and judgement I continue in this year to practise communication in small ways with companions keeping everything light hearted. We have fun reading tealeaves but I only get one sentence, and this normally a signal of change; a warning.

I ask for explanation of this simplicity.

Each life is a small turning wheel, like a cog in a great machine. As each wheel turns it connects with another wheel causing it to turn and connect with yet another. When an association between two people remains viable, on the next turn of their wheels they connect again, for either a short or long period, in a casual or intense manner. All depends upon the speed of their mingling wheels and the duration of the connection.

At that time they make contact in some way or think of each other. Once the turning wheels of their lives no longer connect, they are freed from each other physically, mentally and emotionally.

This is how people come into your life for a while, leave and sometimes reappear for a time. This is how people enter your life and remain for a large part of your years. This is how relationships begin, flourish and end.

All is as it should be for the time it should be and does not need description, interpretation or judgement by another. A statement of its continuing existence or termination is enough to influence the listener to prepare his own thoughts, words and behaviour.

Establishing Spiritual Communication

You serve where best you can serve but still you control your destiny and your mind.

Your doorkeeper stands as firmly and strongly as when you instructed that neither man, woman nor spirit could pass his jurisdiction without his consent, which is the vibration of your teacher, that which is the lowest you have agreed to accommodate.

Your eyes are open and your doorkeeper is instructed on the introduction of any spirit who seeks to give you a communication for another.

I do not use positive affirmations because I view life as a two-sided coin and I want to recognise both the positive and the negative.

We have to experience both because during the process we find out what we want and what we do not want. In this way we learn our direction in life that weaves its way with the accumulation of our understanding.

When we are responsible what is negative teaches us what we do not want. What is positive teaches us what we can aim for and grow towards.

When what is negative shows its face we can learn to become quiescent until it passes. When what is positive shows its face we can learn to grasp the opportunity through activity.

Some things in life make us sick to the soul and we need to find courage to face them. Great and wonderful things come our way and we rejoice in our good fortune.

A shared event brings something different to each person participating. One person can welcome the experience while another may dread it. As one person experiences something

good and wonderful, another person is presented with the opposite experience of suffering and loss.

Warning

Each person who comes your way to talk with you is important. Each event you take part in is important. Each person and each event is your teacher. When you listen and look you see something and you hear something. The trends of modern society are revealed through what you see, what you hear, what you discover and what you do not want to see, hear and do.

Modern society is now focusing on the rights of the individual; human rights, civil rights, constitutional rights and civil liberties. The individual seeks to live according to his personal code of behaviour and belief. A deconstruction is taking place and the individual is reveling in the freedom this presents; not always appreciating freedom's companion, responsibility.

Knowledge is easily available. It may be shared or stolen at will. Without a philosophical base or validation, a personal philosophy may be constructed at any time and presented to others by those with magnetic and hypnotic appeal. This trend of modern society to focus on the rights of the individual has resulted in many lonely and unfulfilled people who, through their vulnerability, are easy prey to magnetic personalities.

The line between spiritual and psychic forces is becoming blurred. The concept of worship of a supreme power is becoming obsolete. Spiritual values are becoming outmoded as once again, as in so many periods of the Earth's past, the intellect is raised to the status of a god and worshipped on the altar of its ego. Reason outranks intuition and personal power is extolled from the dais.

In such a climate all that is truly spiritual retreats as psychic forces gently and cleverly whisper their murmurings

to the willing ear. Spiritual helpers remain in abeyance as others supplant their position. Worshipful prayers to the supreme power are replaced with requests and pleas for personal desires and gratifications.

I see the chords of light radiating from the fingers of the Great Spirit through infinite universes. I pray that the Earth does not put itself beyond their range, for these chords of light are growing dim. Desperately I reach towards them. Already we are a vast distance from such emanations. I do not want Earth to retreat from this light that is our life. I feel the sweet and gentle nature of evolved spiritual helpers urging us to take the path of humility by showing us the way.

This encourages us to grasp at the light before it becomes too dim to reach as the Earth moves in the opposite direction. This alternative direction is too sad to appreciate.

The ways of light are simple. Live a simple life in peace. Live in faith. Live in hope and live in love.

Our lives are coloured by how we think about our goals. We tend to think desired outcomes are forever, viewing what has a short-lived result as failure.

Over the years I thought I had failed many times, but this is not so. I did not take into account that desires and hopes change with changing situations and do not always build outcomes. Even when we think they are going to, our goals and their achievement are often only steps on our journey.

Looking back, as I rarely do, I see that I learn and do everything I want. When I view each venture as a step, without an outcome in mind, each venture is successful, for a time. The next venture rises out of its ashes, as does the phoenix. And so there is no arrival.

Humility

Progress is never assured. It is the result of the determined accomplishment of each task required to complete one step. All is then reviewed. When the accomplishment is successful you are directed to the next step. Progress is made through your own determined effort and ability to repeat what is not successfully achieved.

Humility is frequently spoken about but very little is offered about how it is learnt. Each step you take upon the Masters Path is filled with tasks that have to be a successfully accomplished. When success is not the result and the tasks have to be repeated, possibly in different ways, you may feel inadequate and humbled by your failure; sometimes again and again.

On some steps you may fail so often it becomes obvious that it is only your determined effort that causes you to continue.

Humility in the face of repeated failure is accompanied by strength of purpose.

What becomes apparent is that the real task of this step of the journey is to achieve humility and strength of purpose; repeated failure only being the tool.

In reality failure did not exist.

We need a reason to get up in the morning. We function better when we have purpose. We need purpose in our physical life and we need purpose in our spiritual life. Purpose is multi-faceted and not easy to achieve.

There is purpose in small ways. There is purpose in each area of physical life. There is purpose in each area of the

Greater Life. There is the purpose of the soul and spirit. There is an overall mission that encompasses more than "self".

Question Time

What is my mission in life?
You are to be the voice of reason in a darkening world.

How will I do this?
The written word is a sword that carries the Living Word to the four corners of the Earth. Without preamble truth cuts like a sword and the dross falls away leaving the naked soul.
Listen to your spirit and listen to the voice of your teachers. The protection of the guiding spirit keeps the children of light safe.

The spirit does not come from the Earth and is not subject to the Earth's physical laws. Its length of stay is predestined and it leaves its physical residence slowly in preparation for the time of passing from its physical habitat. Truth and love continue with the spirit, all else remaining.

What is the meaning of *spiritual?*
I am alive.

Earth is a place to put truth into practice so that truth becomes a natural part of the Earth and who we are. Truth brings joy to our lives. We then want to find more truth. Even when our lives are restricted in some way, our minds and hearts continue to recognise truth and absorb it. No-one can take this away. Only we let truth depart when we do not treasure it and live it.

Directions

Spiritual direction is a description of the passage of the spirit through the realms of creation. Etheric direction is the description of the passage of the soul through the realms of creation. Psychic direction is a description of attachment and dependency to life on the material planes including Earth.

Spiritual direction signifies what it means to be spirit; what it means to be spiritual. It signifies the journey of spirit through the realms of life. Narrative incorporates the reason for the journey, the starting point of the journey and the ultimate destination. Spiritual direction is a simple statement of what is, for it cannot be described or analysed by he who is living on Earth. Spirit is a traveller. It passes through realms because it does not belong to any. The realms only provide experiences which allow the spirit to expand its awareness.

Etheric direction denotes the experiences of the soul within the various realms of life. It is descriptive because it is personal. It incorporates reasons for the varied experiences and the learning outcomes.

A timeline would show the position of the soul, where it has been and to where it is going. Incorporated in this analysis are the reasons for its existence and its final outcome when the spirit no longer needs it as a cloak.

Psychic direction touches upon the hypnotic desire for material life that affects the soul. It has a limiting effect upon the life of the spirit and it incorporates the battle for control of the soul. It communicates through description and provides its own slant on purpose, lessons, experiences, preferred outcome and likely outcomes in this particular life. Its descriptions also include past experiences and a likely direction after this one life.

My spirit is my life. The teachers are my support. The Teachings of Truth are my backbone. He is my heart. Earth is

my body. The world of spirit is my residence, as much as is Earth, for it is my future. These are my philosophical focuses in life. They belong to infinite worlds. My physical life has a different focus. It feels finite. It is finite; passing quickly. All I can do is ensure the spiritual qualities are applied so joy becomes apparent and laughter ensues.

Mirror

Evolved teaching spirit is a contact that seems personal because you receive what is compatible with what is within you. This contact, made through the love vibration, reaches deep into your soul and melds with your spirit for the time involved. Both spirits become as one with a unified purpose. Upon withdrawal the teaching spirit leaves behind a residue of the love vibration that you can continue to absorb. Joy awakens and once tasted, you desire its permanent residence.

Earth is Via Dolorosa. Through contact with evolved spirit, you may awaken memories of soul life which are a stark contrast to Earth life. This can result in a reclusive lifestyle, for everywhere and everyone become the same.

We shall touch your heart in a way no other can and you shall give our word to the nations. Along the airways it shall travel but we need your voice for it carries our vibration of love. It is our desire that is all men and women associated with Earth shall one day depart forever and Via Dolorosa shall become Via Fecundata. We beam the light of joy to you so your words may travel its rays and awaken the minds of all who sleep.

No longer despair. Understand your sadness and live with its blessing for it is the wrapping around our present to you. Earth life has lost its significance because you relate to the life of your spirit within which connects you to your home, your loved ones and your real life. Respond to the life of the spirit world and the sadness of Earth life will depart leaving your heart filled with joy.

You are never alone. We are of the one life, together.

Bring the true context of the words spirit and spiritual to the minds of all once more. Let this understanding shine on your face and through your eyes. Be our messenger. Be our voice. Move from a personal life into a spiritual life. Mirror our life and who we are and we shall move as one between our two worlds, merging like Mercury, the messenger of the gods.

You have sat at my table and eaten my food. You have drunk of my elixir. Through them I shall give you a taste of heaven upon Earth. I shall lay down the steps of Jacob's ladder so the seekers of truth lose their fear of stepping onto this path. All can mirror whatever they choose. Let it be our light.

Ten steps along the path.
Safety: moving from a path that is known to one that is
Unknown: choosing a direction according to your
Vision: that recognises what can be achieved through your
Experiences: that can take you down the path of
Remembrance: that results in a time of
Reflection: that brings the realisation that you need
Guidance: so you may fulfil your
Destiny: that enables you to
Merge with The One Life.

I do not know what a healer is and I am unclear about the process of healing. I do know that as human beings we love to talk about ourselves. When someone listens to us, we feel better. It calms our minds, lessens loneliness and relaxes our nervous system; contributing to healing, but I view this process as a psychology.

When I am young the Earth teaches me and heals me. I look to nature; the Earth, the sky, the sun and the water for it is the physical expression of the greater life that can heal; providing everything for human needs.

His form has returned to the Earth, so now when I look to nature he is there. He is in the air, the water and the Earth. When I feel the sun warming me, I think of his spirit flying

beyond it, and so the sun heals me. When I breathe in the air I am breathing in his love that the wind blows in my direction, and so the air heals me. When I feel the rain on my skin, he is cleansing my soul, and so the water heals me.

Healing

The spirit world is a vast and beautiful kingdom I do not understand. It draws me like a magnet and I am helpless in the tide of love that reaches me from its shores. If I could be there permanently I would but I am held tightly by laws greater than any desire for personal fulfilment. What else can I do but follow these laws wherever I may be?

There is order in life. There is order in all worlds, from the highest to the lowest.

All who have lived where I live now have followed these laws. I follow in the wake of great and beautiful souls and I have the promise of sight of them. Their existence is a miracle, yet lesser souls seek to achieve a life that is above any law. When magnificent souls have to follow law what choice do we on Earth have?

What is healing? How is it achieved?

Healing is relaxing into the state of being you exist in now. As a human being upon the Earth, that state is comprised of spirit, soul and body, co-existing within the laws of residence. The Earth has shared her properties with many souls, both animal and human and in this sharing a contamination has taken place.

In the early years of this sharing the human spirit deviated from its course, desiring to linger upon Earth and enjoy its limited and limiting power. Instead of just experiencing a

lifespan on one more mansion of life, the human spirit lingered, seeing himself as a god upon this realm.

With the contamination of the human spirit being ruled by the physical mind and body, instead of maintaining spiritual purpose through the spiritual mind, the journey of the human spirit temporarily halted. For this journey to be renewed healing must take place.

How can this happen and be explained in an everyday sense?

The body and mind of man is fighting for survival. One way it does this is to portray itself as unique, special and knowledgeable. Its intellect strives to rule supreme and its arguments are prolific. Its words are seductive and they appeal to the individual's desire to rise above others.

Any philosophy the physical mind offers is designed to be a draw card that anchors people to the world they know, including the spiritual world of their own imagination that they build as a continuation of physical life. It is a world where their physical personalities flourish to even greater heights.

Healing in their eyes has this aim; to continue their existence in a way they desire, which is in perfect health in a perfect physical body with its perfect mind that can be admired by all.

Is this enough or is this a limiting philosophy?

The Earth is a finite world. The bodies of Earth have a short life span and are part of a cycle that includes birth, maturity and dissolution. This necessitates their return to their mother, the Earth.

The human spirit has travelled and will travel through many mansions in the kingdoms of life. As it passes through each of these mansions the cloak it wears to allow entry (the soul) absorbs part of the experiences thereby being influenced by

both physical and spiritual life. Because of this it is the soul that requires healing.

Because the soul is directed by the spirit, the spirit can heal it. The spirit has a predestined journey to complete according to the laws of life that surface on Earth as natural law. For example, there are four known fundamental forces of nature that make the physical world what it is. They are gravity, electromagnetic force, strong force and weak force.

Healing, even from the spirit, is subject to these laws. The power of spirit is the power of light and can be drawn on, as can the magnetism of the Earth. Under natural law it can enter doorways of light in the human body and effect a healing.

When the body is given the materials it needs it can heal itself within the parameters of hereditary and environmental factors, violence, age and life span.

When the soul is given the materials it needs it can heal itself within the parameters of its life experiences. Through the ability of the receiver to receive what is required, healing can take place, remembering that all is according to natural law, often through the Law of Attraction and Repulsion.

Human beings are influenced by and reliant upon forces greater than themselves. On their own they can do nothing. What they are able to receive and give may affect a healing for one or a few, but not for all. Should they seek to make this so, they are seeking to be revered rather than revering the forces around them that are greater than themselves and have the power to heal.

Human beings give and receive according to their evolution. Occasionally some come to the Earth to show the way, but these special souls of light always acknowledge a greater power than themselves to be the force behind any healing that takes place. Upon examination, without myth or superstition, the numbers are never vast and all healing takes place according to natural law.

When I am a schoolteacher, I encourage the children to do creative writing; writing for themselves about whatever they are interested in. They do not have to worry about spelling or grammar, but their books have to be neat and colourful; treasured possessions, cared for and filled with love.

Creative writing calls on the imagination and this is the first step to receiving inspiration. Creative work of any kind is inspired, and being so, inspires others who appreciate the message they see or hear. We know this when we look at a painting, hear a song or read a story.

Creativity speaks to the heart and we are all capable of some form of its vast expanse. Architecture, interior design, painting, knitting, engineering, acting, music and gardening speak to us. The Taj Mahal, pyramids and horticultural gardens throughout the world create a response within us.

Michael Jackson, with his dancing and singing, inspired millions of people. His message was love from his heart and his concerts reflected this; bonding his audiences together in peace.

Writing at this Time

We will fill your house with words so you can pluck them out of the air for we had to wait for you to be of maturity before we could give them to you.

At this time the words are not to be intellectual. They are to be of the heart. They will be as music and will touch the soul. In this way you will display your soul for all to see and you will build a stairway to heaven.

The process of thought is an extraordinary concept and once appreciated can change our lives. Understanding how thoughts generate actions gives us the means to construct our lives the way we want them to be.

For eight years, at different times of the day, I walk a route in my neighbourhood, rarely seeing the owners. I had planted an exotic bush in my garden then spent three years trying to get rid of it as its roots spread uncontrollably.

One day, while walking my route, I see this bush newly planted in the garden of a house, whose owner I have never seen. My first thought is that I must speak to the owner about the behaviour of this plant. Two days later, for the first time in eight years, I see the lady outside and am able to rescue her garden from this marauding alien.

Thought Forms

Daily you construct your life with your thoughts and words. Your thoughts radiate an energy which continually emanates from you. Once spoken these emanations become thought forms that accompany you wherever you go. They are strengthened or weakened by the thoughts and words of those with whom you share your time.

You are constantly moving through a sea of thought forms emanating from all people. As you make your way through varied places you attract to yourself other thought forms that are aligned to your own. It is like wearing a cloak which may be as warm or cool as silk or as heavy as sackcloth.

When you remain in the same space and time your communication with the same people continually reinforces the same thought forms that have built around you. These thoughts travel backwards and forwards along the same corridors to each other, unable to expand or attract any that are new.

When you move into new pastures with new experiences your mind constructs new threads of thoughts through new thinking patterns. You receive new thoughts and new ideas from other people. Vocalising strengthens them.

Recognising yourself as a thinker, ask yourself, *What am I carrying around with me?* Thoughts of a spiritual nature are light and create light footsteps. Thoughts more closely aligned to Earth life create heavier footsteps.

People want to learn how to remain healthy. They treat the body according to the knowledge they have, not always realising how the mind and its thoughts affect their health. They think their thoughts come from their own mind and are contained there. They do not realise that all thoughts project outwards and attract similar thoughts from others, join with them, then strengthened, return to the sender.

Because all thoughts project outward to others your mind is not only a transmitter but also a receiver. Through the Law of Attraction all thoughts that are received have imprints from all the thinkers who have attached their thoughts to the original thought.

This incoming traffic affects your emotions, your state of mind, your soul, your body and ultimately your health. Instead of focusing only on healing the body the highest priority should be healing the mind with instruction on thought control. By elevating thoughts, the cells of the body throw off the dross that accumulates through sluggish movement in the body resulting from the sluggish movement of numerous negative thoughts.

When the mind thinks and receives elevated thoughts everything relating to lower vibrations is ejected through the Law of Repulsion, because of incompatibility. The result is lightness. Thoughts become and remain light. The blood becomes thinner (when accompanied by good diet). Emotions calm. Humour and laughter become apparent and a future that includes the discipline of happiness becomes possible.

Christmas is a time of remembrance. It is a time to remember the coming to Earth of exalted teachings. It is a

time to pray for peace to come to the lives of all men and women upon Earth. It is a time to remember those we love and send them our best wishes. People can receive inspiration and hope at this time because their hearts are open.

Christmas Letter

People living in spiritual worlds and upon Earth are working together for peace on Earth. The first part of the programme for peace is for *each person* to bring peace into *his* or *her* life.

I am working to bring your family together. I am working to bring friends into your life on your new path that has a foundation of honesty; everyone on it able to communicate openly. This is my gift to you. Your gift to me is the never-ending constancy of your love.

The foundation of your life is built on spiritual teachings just as it was before we came to Earth. Spiritual integrity is a golden light, a line of truth that is apparent in all philosophies, cultures and races. Every word on the pages you write is a seed pearl of love; made available all over the world for those seeking truth during troubled times.

You are a free spirit. Remain a free spirit. Let no word hurt another. Let all come to you and be absorbed by a loving heart. I add my love to your heart so it can grow larger to contain all you need for those you will reach. We give you the words you need for all people. When we do not come to you it is a time for silence and renewal.

Words of Jesus

Throughout the history of the world great prophets have brought spiritual teachings to men and women. These great prophets were often born well into a World Age and their teachings were for cultures within national boundaries.

Jesus was born on the cusp of a World Age; between the Age of Aries and the Age of Pisces. The Age of Pisces is a time

that is pivotal for laying a foundation for the future to grow on. Through Jewish spirituality came the teachings of Jesus; seed pearls of wisdom that were destined to move across the face of the Earth through the Western Civilisation that was not confined by national boundaries.

These seed pearls of truth have laid a foundation for the spiritual and physical advancement of the human race during the next twelve World Ages. They are destined to be expanded upon in each Age; the first in which they come to fruition being the Age of Aquarius; the Age of the Son of Man.

These pearls of wisdom glow in such a way that they illumine how poverty, violence, hunger and selfishness may be eliminated from the Earth.

Year Two

Introduction

It is one year since his passing and it feels like yesterday. I can still not comprehend that he is gone. He knocks on my wall less, but I still see him frequently. He moves through the house with me. He sits in cafes with me. I feel his arm on mine when I go for walks.

Still the world is painted a different colour and my eyes do not recognise it. Still the light I see shines less brightly. Still the air I breathe tastes differently. Still, I am waiting to feel stronger. I am alive but I do not feel alive. I stand outside myself when I interact with other people. Work becomes my saviour.

His world gives me my reality. The spiritual teachers give me teachings that become a foundation I can build on. They give me a footfall where I may place my steps. I move into a time when I receive teachings more than guidance and personal communications so I must be approaching recognition of the world once more.

The Earth is the main focus of these teachings for it is the Earth I must once again relate to. It is the life of the Earth I must once again treasure. It is all life on this Earth I must once again respond to, for at this time Earth is my home. This focus has to include the soul for the Earth contributes to the makeup of the soul.

My focus is directed beyond myself. I hear of a lady who commits suicide and I find her story tragic. Although she believes in a continuing life beyond Earth and although she believes in spiritual communication, she finds no comfort in this and she takes her own life. I ask myself the same old question. *What spirit contact?*

I am moved by her story because her friends, who also believe in a continuing life and spiritual communication, can

find no answers to her suicide. With them she has always been a happy presence so they are distraught.

I feel her presence and she is beautiful. This is confirmed some weeks later when I see her photograph. I include here two communications; the first, which I call, *Hope for a Beautiful Lady,* is her communication. The second, which I call *Unexpected Departure,* is a teaching about suicide that I receive for her friends.

The teachings and the story that follow these two communications belong in the third book called ColdLight.

We are all people and this is our common bond, even when some of us live on Earth and some of us live in other worlds.

When we are living on Earth we have no memory of other worlds but when we ask the right questions we can receive answers that can trigger our memories for they are still available to us. We just have to reach to where they are stored and this is the hard part.

The concept of a storage facility for memories, both individual and collective is acceptable because it is similar to our libraries and computers that mirror the capabilities of our minds. Memory retrieval is a simple feasibility.

In life all questions we ask are answered. The answers may come many years later when the questions are forgotten. They may come via a circuitous route or out of the blue in an unlikely manner. Without fail they come.

We have to learn to ask the right questions to obtain the information we want. Our questions help create a blueprint of the life we wish to construct because they mirror the desire of our hearts, each piece of knowledge becoming a building block for the re-construction of our greater lives. What we ask for is important.

I always wanted a house with old fashioned pelmets, red velvet curtains, large windows, wooden floors, wooden walls and no more than three steps up to the front door. I am led to the house I live in now and it has all these requirements.

I love the pelmets. I love the large windows. I love the wooden floors. The red curtains – old and dusty - have to go. The wooden walls – hardboard veneer that I plaster over to obtain greater insulation. The three steps – not there – but the right height to be built later; large ones that form part of a small deck because I love to sit on steps with a cup of tea and watch the world go by. I receive what I ask for, but not quite as I envisage.

This teaching pours an abundance of beauty into my heart. It is a splendid realisation that we are part of something greater; something magnificent. It is a splendid realisation that our short physical lives are worth something.

Everyone reading these words can receive what is sent between the words for what is sent is for everyone.

Books of Memories

The Hall of Memories is a vast library consisting of many books relating to the soul memories of the human spirit, incorporating individuals, spiritual families, races of people and civilisations that have inhabited or are associated with the world of Earth.

Book 1.

Is a history of personal experiences that provide personal spiritual teachings and philosophy relating to these experiences.

Book 2.

Is a history of people's combined experiences that provide spiritual teachings and philosophy that can relate to any

person upon the Earth who has an interest in spiritual progression.

Book 3.

Is a symposium of spiritual teachings with a deeper and more profound approach. These teachings already exist upon the Earth and may be re-received, modified, edited or expanded.

Book 4.

Is a record of the human race. This record includes the inception of the human race, its original purpose and direction, the result of the fall and its evolutionary return to its original journey through life.

When you receive communication from teachers in the spirit world this communication can be on many levels.

- ❖ Teachings from spirit bringing a philosophy that may relate personally to an individual's experiences in life, yet upon the reading others may use the philosophy and relate it to their own lives.
- ❖ Teachings from spirit bringing a philosophy that may relate personally to an individual's experiences from the past. The comprehension and knowledge gleaned being the result of past experiences from which wisdom may have accrued.
- ❖ Teachings from spirit bringing a philosophy that may relate to anyone. The learning gained from such communication can be used by any who are seeking to spiritually progress.

I look at you. I look at the life you are living at this moment. I look at your predominant thought patterns. I look into your heart. When I reach into your mind I look down the corridors of learning, the rooms opening from these corridors, and the words and association of ideas within each room. I look at your interests at this moment. I look at the deep desire of your

heart. I search for your yearning and determination to grow in a particular area of life. I then make my decision and turn the pages of a particular book. I let the pages fall until they open at the most appropriate section to be read to you.

We go into a room. We are seated in relaxation and meditation; meditation meaning conjoining our wills to the will of the Almighty. I open the page. You say the prayer and I commence.

During my maturing years I am on the periphery of politics and talk with people in diverse positions; all having assorted convictions, yet I have none.

Through all the generations people have strong beliefs about many things including how countries should be run. Sometimes they sacrifice their lives for their beliefs, often courting death. The years pass, and over time, with the turning of the wheel of life, all they work for disappears. Old philosophies are replaced with new philosophies. Poverty, violence and hunger continue. Let us work in our diverse, individual ways to use our beliefs to eradicate these blights on humanity.

I have a memorable conversation with a lady who believes in a continuing, spiritual life. She is upset with political leaders; strongly vilifying them and their actions.

These leaders need the encouragement of good thoughts. What is available to them is alluring and can change their good intentions.

What Happens to a Soul of Power?

So speaks a soul destined for a position of power and influence upon Earth.

I am filled with trepidation. I have been given a great honour. They have said I am worthy of shouldering a burden of

power upon Earth. But I am human. I am afraid that my human nature may supersede my spiritual desire as my journey along the Earth life lengthens. I know my destiny. I know what I am capable of achieving upon Earth but the line is so fine. Any power I achieve I can turn inward for myself without realising that this power upon the Earth is no real power at all in the greater life plan of the universe.

Souls of my life stand strongly with me for this is not a job I can do alone. To touch on earthly power is to negate spiritual power. This is where I am taking a chance. I do not want to slide down even one rung of the ladder. I want to ascend. Misuse of power makes descent an easy slide.

You will attain a position of honour upon Earth. In doing so, the mind of Earth will not seek growth of the spirit. At certain stages along the journey your spirit will nudge you.

At one point you will meet an influential person who will be capable of guiding you towards the spiritual light without giving you the philosophy. This will be your safeguard.

The job you are to do is not personal. It is for the betterment of many or all people within a nation. It affords an opportunity for large numbers of people to ascend one step.

This may not seem very much, but it is one small step that is important because many are taking it together. Because many are moving as one, they will go further as one, the stronger calling and helping the weaker; encouraging them to move onward.

When I return on the passing to the Greater Life, what will I find? If I succumb to the pleasure of personal power and leave my task not completely fulfilled as hoped for or promised, I will bring with me the pain of any who have slid down even one step of the ladder. Their karma will become mine. I will have to do everything within my power to help them return to the position of growth they had before I influenced their direction.

If I succeed in fulfilling the task I have been set and the people I influence come with me on an upward journey, I will still adopt their karma. This happens through their thoughts of love and caring that come from their memories, even while they help me ascend so I may continue my journey.

Those who attain a position of influence upon Earth need the prayers of all. They need the love of all, regardless of whether an individual believes in what they are doing or not. Any who are known on the world stage need loving encouragement because their task in life puts them at great personal risk. They have courage. They have a desire to serve. They have a particular destiny. Such courage needs strengthening through powerful, beautiful thoughts of love, from as many people as possible.

So many upon Earth ridicule and criticise any progress made or not made by those in power. They relate everything to themselves and they do this in two ways. The first way is whether they can receive something for themselves from the person in power. The second way is to criticise and say how they would do things better; if they were in that position they would do this, they would do that.

There is always a powerful light within every individual who rises to a position of influence upon Earth. Enhance that light with loving thoughts. Place that person in the light of love.

The main task of any person in power upon the Earth is to lead as many people as possible, as quickly as possible, one step closer to the Great Spirit. They have a lot to do. On one hand they have injustices to put right. On the other hand, they have innovative ideas and laws to bring to fruition that can give people a better life.

There are two types of leaders. Firstly, there is he who wishes to bring justice to a system that is unjust. Secondly

there is he who wishes to increase within the nation what is already growing in the light of goodness.

The light of the world is dim for it is in a dim corner of the galaxies and universes relating to the material planes. Increase the light of the Earth and it may spin around the sun in such a way that it contributes to the general shift in direction of the galaxies and universes to which the Earth belongs.

How do I live on Earth now? How do I remain in harmony with the cycles and seasons of nature?

When we are exposed to things long enough familiarity causes them to become acceptable; then normal; a part of our way of life. I need to remain alert so I only accept what is natural to be my familiar way of life. It is becoming harder to eat what is seasonal. It is becoming harder to wear and sit on what comes from the Earth.

Genetically modified plants and seeds survive beyond their natural seasonal time. The different methods of gardening and international travel are bringing food from foreign soils to our tables all year round. It is becoming harder to remember what is seasonal because now I grow so little in my garden.

On Behalf of the Earth

Although the water rushes down the mountain the hand of the Great Spirit ensures that its fall is graceful. Although the leaf is released from the tree the hand of the Great Spirit ensures that its slow descent causes it to land within the canopy of the tree.

The colour of the sky brings to mind the purity of the air we breathe. When the hand of man is upon the world, the clear hue of the sky changes to reflect a place that is different from a world left in its natural glory.

Man can never change the intention of the Creator whose mark is apparent in every aspect of the world we live in. Seeds spring to life in the ground we walk upon. Plants both small and great grow to their full height because of moisture provided and the heavenly light in the sky. This never changes and we glory in what we have been given.

Where once it was natural to follow the seasons and receive the fruits of the Earth to nourish our bodies, now people are seeking another way. Instead of following the natural cycle of the seasons people are growing food at any time and using their own methods. Because of this the soul is not nourished in the way it should be. The soul stands between heaven and Earth. It speaks to the Earth. It receives nourishment from the Earth. It follows the seasons. It responds to the colours of the Earth. It seeks all weathers. It basks in the natural glory of the world as much as it basks in the natural glory of spiritual worlds.

When we follow natural law we eat whatever the seasons prepare so the soul may survive in a healthy body. When we do not follow natural law the soul bemoans the loss of vitality it reaps from a natural environment.

The artist understands the need to be in a natural environment. He needs light. He needs to see the colours made available to him through natural light. When he starts to paint or model he seeks to reflect the natural Earth because his soul, having spoken to the Earth, is speaking to him.

I shall walk the beaches so my gaze may linger across the sea to where the horizon of the water meets the sky and the two become one. Where the water and air meet is the place where my soul ascends and my dreams and memories form a rainbow. There I may remember.

I feel the presence of the soul of life that comes from the Earth and enters every living being that comes my way. I

rejoice where the hand of the Great Spirit has placed me in life and I seek to return to the Earth all I have borrowed; in the greatest condition I am able to. I do not want to owe the wind, the sea, the air, the sky, the trees or the ground.

I ask that my words ride the wind and reach the four corners of the Earth for they speak on behalf of the Earth.

Historically the serpent features in the esoteric stories of many ancient cultures. Depicted as an emblem of wisdom, it has also been portrayed as symbolic of the Tree of Knowledge of Good and Evil.

This expansive presence speaks to me, saying simply, *I am the Serpent King.*

Serpent King Speaks

I lived in a glorious time upon Earth. I was free to roam. I appreciated the Earth, the sky and the sea for all it could give any of us who lived at this time. I had a solemn duty to enhance this place of residence and teach those who would linger longer than I, how to continue the ways of subtle worship.

The life we lived was structured to adapt to the Earth and we renewed the strength of the Earth. We never tried to mould her ways. Because our souls worked in close conjunction with her our lives were peaceful. Our minds were accepting. Our philosophy was simple.

We saw the Earth as a place of rest, a place where our souls could recharge, replenish and gain strength for what would come to human life in a distant time.

When I speak to you I speak with the strength of the Earth. I pass this strength on to you. I want you to renew your soul through the Earth, the sky and the sea. Every day look at all three for a time, for you live in a land where all are freely available.

Walk the shores, look to the horizon and find the point where your dreams can ascend. Touch your plants, imbibe their smell and deeply breathe in the air near the leaves. Look to the sky beyond the clouds and let your thoughts ascend on the wind. Absorb the heavenly light that shines in the day. When night-time falls, look to the stars. Linger your gaze on the moon and hear the call of the spirit. In this way a new spirit can enter the Earth riding on a chord of wisdom. This spirit shall strengthen you and all who are associated with the life you lead and the life you desire for yourself and others.

I shall travel on the wind. I shall come with the rain. I shall enter with the light.

Memory is an important part of life. Déjà Vu, as part of memory, is intriguing and real; to be treasured because our experience of it comes from deep within our souls from a place where there is no time; no past, present or future.

When I am eight years old we go on holiday to Waiheke for the first time. When we reach our destination everything is familiar, as though I have been there before. I change into my swimsuit and find my way along numerous paths through blackberry bushes and down a steep incline, instinctively knowing where to go. I find the beach easily and explore the rocks because the tide is low. When I get back my parents are angry and worried because I have gone off on my own. I try to tell them I have been there before but they cannot understand. I accept that this is so.

I remember one of the many happy times he and I shared. I am saddened because as my mind and heart fills with the delight of memories I am reminded that we can no longer make new ones. We are sitting in a hotel foyer eating a beautifully presented afternoon tea in a time when they are not in vogue. We are laughing, chatting and planning some

venture and the hours pass like minutes. My recall is so strong I am there again, in our busy lives that we constantly filled with hopes, dreams and possibilities.

Soul Memory

Throughout the history of the Earth there have always been courageous men and women who have explored new horizons, faced new challenges and hardship and broken in new territory. What is it that drives men and women to discover the new and to reach out to the unknown? How do they achieve what seems the unachievable?

All is made possible for men and women upon the Earth through recovery of memory. In the age you live in today all that is possible to achieve has been achieved before in this place, in another place or in another time. Memory of these experiences lies within the souls of participants.

What is the soul?

The soul is partly etheric and partly of the Earth. It anchors the spirit to the Earth; the spirit that is arriving to spend time upon this planet. The soul uses a body to initiate experiences for the spirit and in so doing generates memories.

Why are the soul's memories locked out of the body's conscious, physical mind?

The soul has a wider range of experiences than anything that relates only to Earth life. In other places and other times the soul travels beyond the ability of the physical body. It is not confined to the Earth through gravity, time and space. On its own it can travel further afield.

The soul has travelled many mansions in the kingdoms of life, some of which are attached to the material planes and some of which are not. Anything that is unrelated to the

material planes cannot be remembered or understood by the material mind. On the passing from Earth life the soul recovers these memories.

When can the soul travel?

The soul can travel with the spirit to certain places when the body is sleeping but it remains attached to the body, as does the spirit. It travels at speeds far greater than the speeds of sound or light that relate to all that is physical.

How do the soul and spirit travel?

Imagine they think a thought of a destination. At the second of thinking the thought they arrive at the destination. This is impossible for the physical body, for the destination could be many light years from Earth.

Most people travel a route in life they know or have heard of from somebody who has already travelled that route. An explorer travels a route that is unknown to him. Something inside the explorer drives him onward to reach an unknown destination. This drive comes from an inner part of himself; his soul memory.

As a human being, deep within your soul, because of latent memories, you know you are striving to belong to, or go to places better than where you live at this moment. This drive is onward and upward as it is with an explorer who is driven by something deep within to seek out new places that hold the possibility of a brighter, more prosperous future.

The Earth has been explored. The unknown upon Earth has become known, not only to the explorer but to those who follow; not only to those who immediately follow but to all later who have the wherewithal to make the journey. The explorer looks further afield. From a physical perspective this means space; the great ocean; the next memory of the soul to be reawakened; travel beyond the Earth you know.

The first step is space outside the gravitational field of safety that holds man to the Earth. Next, beyond this space, is the moon, then the planetary system to which the Earth belongs. Desire for these expanding journeys is inspired by soul memories.

What else does memory hold for man?

An important step in regaining memory is through certain dreams anyone can become capable of experiencing. Within dream life you fly, you fall, you go underwater, you survive strange experiences and you are capable of extraordinary things.

The question is, "Are you achieving all you achieve in dream state through the travelling capacity of the soul? What is the limit of what you are capable of?"

Step by step memories of the soul can be reawakened. They can provide inspiration. They can provide technological advancement. What is unknown can become knowable within the laws of physics and all other natural laws both of the physical universe and deeper dimensions where life is maintained.

You understand that you are multiple beings inside a human frame. You have an emotional life. You have an intellectual life. You have a physical life. You have a spiritual life. Your attention can focus on any of these lives and a different result is produced.

Whatever man achieves from the springboard of the Earth he achieves first within his mind. New ideas coming to Earth via the soul come at the same time to many minds through many souls across the globe. This is so because energy patterns surrounding the Earth at that time provide the airways for certain soul memories to be recovered. These memories provide inspiration that is productive, sometimes resulting in a race to achieve.

Whatever the spirit is able to achieve the soul is able to achieve because the spirit drives the soul. Whatever the soul is able to achieve man is able to achieve because the soul drives the human body and the human mind. The life of man, through the inspiration of his soul, continues to express the primary motivation of his spirit on Earth and elsewhere in the many mansions of the kingdoms of life.

A beautiful lady commits suicide and I am honoured to hear her reasons. Suicide rates are high, especially among the young ones so some people may be able to relate to what she says.

We live in times when people speak with political correctness. It is difficult for them to receive direct answers to their questions. It is difficult for them to receive clear direction. Our young ones need to be given skills to make their way through difficulties in life. The presence of truth always lightens a heavy heart so they need truth, clear and simple, otherwise when they reach nineteen years of age they can become disconsolate.

While I am treating a child twelve years of age he asks me what he can do when he is older. I ask him what he is interested in. I explain that while he is young it is important to develop good working habits; believe he is capable of achieving what he wants to do through hard work; find his determination to rise in life without expecting others to carry him; find his inner strength so he can continue what he is doing when confronted with difficulties; develop pride in a job well done in exchange for remuneration.

Throughout our verbal exchange the child's mother continues to answer his question in her own way.

Everyone loves you. You are clever. You can do anything you want. You will always be successful. Everyone will want to employ you.

Hope for a Beautiful Lady

I have been sleeping and resting to recover from the shock of the reception I received when I awoke in another world. The kindness and gentleness I have encountered is extraordinary. In my mind I had felt that I would be admonished and reprimanded for failing to continue the life I had begun on Earth. Regardless of this reception I have still been prepared to accept disapproval and punishment. I had felt that even disappointment and disapproval from anyone would have been an honest reaction to my hurried exit from Earth life.

Upon the Earth I was bitterly disappointed in myself and the life I had become locked into. I seemed to be a follower in everything I did. I never initiated anything yet I could not fulfil myself through the dreams or expectations of others. Now I see my life was lived to accommodate my lack of self-confidence.

I believed in the spirit world but not strongly because I had never received from anyone on the Earth or in spirit enough to truly touch my heart. I continued to try to please but my heart was aching from the emptiness within. Although I had many people who loved me and who I loved, I never felt the intensity of love. In this situation when any loved one then leaves, the hollowness within grows bigger.

I have now initiated. Through my intense desire to communicate my sorrow at causing shockwaves, I am having this conversation through a wonderful, gentle helper, as I am not strong enough or settled enough to do so by myself. Although my actions have made my future more difficult, my ability to initiate at this moment has given me hope.

Upon the Earth there is not enough hope. There is a lot of talk about love but very little about hope.

It is hard to accept suicide because our physical bodies have a strong instinct for survival.

What drives a person to commit suicide?

Everyone has the right to be here. Everyone is given an opportunity to find a way to live well. Our lives are unpredictable so we need to be alert to opportunities. Suicide results from loss of hope when we do not recognise opportunities or understand the Law of Change and adapt to it. The result is the ebbing away of self confidence in our own ability to construct our lives. Courage flees and inner strength is unapparent.

Let all people who are touched by feelings of hopelessness, anxiety and depression look outwards and find hope in the simple things in life because it is a privilege to lead a simple life. Let them look within to find truth for truth alleviates despair.

Unexpected Departure

Not everyone feels the joy of their spirit. Not everyone feels joy in contact with spirit because each person seeks spiritual contact for a different reason. Through the Law of Attraction, contact is made with spirit who has the same level of interest.

The physical body, the spiritual body, the emotional body and the intellectual body have to work in harmony for the soul to be at ease. Although spiritual helpers and teachers work together to help, loved ones on Earth have to do the work to harmonise these four facets that make up the human being. Spiritual progression is an internal affair; natural, not tried for, nor searched for according to any mores or social customs.

Evolved spirit can be contacted but only through the yearning of the heart that reflects the desire of the spirit within to learn more about the truth of life. It takes time and determination to succeed in this quest and it takes prayerfulness from a sincere heart.

Sincere and loving prayerfulness attracts the teaching spirit which draws close to gift an encompassing joy to the heart of the neophyte. Adherence to the strict observance of natural law results in the constant presence of this higher vibration of love becoming acceptable and natural. No earthbound or etheric spirit of a more physical nature can draw close and safety is assured.

The heart does not lie. It cannot accept less than its yearning and desire. The spirit within the heart does not relate to learning or discussions, for its ways cannot be learnt through the intellect. The heart is not open when learning only comes through the physical mind. When the heart is not open the spirit within cannot be heard. The result is sadness and a lack of strength. Real strength is an inner quality that comes from the spirit that leads and directs the human heart. Without this inner strength people cannot stand firmly upon Earth.

The spirit within knows of a continuing life. The physical mind knows of its impending death. The spirit within can calm and reassure the physical mind that rules the physical body, but spirits close to Earth can also speak to the physical mind.

People who are governed by the physical mind are governed by events upon Earth. People who are governed by the spirit within are able to appreciate the spiritual philosophy behind events on Earth and place them in a perspective that includes the continuance of life on a spiritual level beyond physical existence.

When people consciously begin their journey towards spiritual enlightenment, they become sensitive. When they do

not learn to use their sensitivity only for spiritual contact, they can unwittingly use it for physical life, believing this to be a good thing. Through their sensitivity they may seek to give to others. This may be caring thoughts about the lives of others. This may be thoughts of love. This may be thoughts of healing; but all are still thoughts.

When they give in this way they do not give through the Spirit of Life. They give of themselves and so lose part of their life force. They lose their inner strength. In losing their inner strength they lose discernment. They no longer see the greater picture and their focus becomes narrow.

In this situation they look inwards, seeking answers to their feelings; first finding disquiet, then despair, then hopelessness. Finding no light, they play out life as an actor on a stage. They play the part they feel is acceptable to others. They are unable to share their darkness through shame of not achieving the joy of life others portray.

The spiritual helpers and teachers are aware of their pain. They know that acceptance of the continuance of life is very difficult for people upon Earth. They feel compassion and love when loved ones become lost in physical life and they gather round. They do their best to make their loving presence felt for they do not want loved ones to feel alone. They pray and whisper encouragement for they do not want the physical mind to hear any murmurings and urgings from earthbound spirits.

Earth life belongs to those who are living it. We encourage. We advise. We direct, but we can only talk to the willing ear; the ear that lends itself to the yearning heart. When a loved one succumbs to the pressures of earthly life and leaves earlier than planned, we gather around to draw out the spirit with a loving vibration for we do not want any soul in pain to feel the pain of departure. We seek to ease the transition.

During a time of suicide, we remain close to all people associated with the departed loved one, lending our loving support. We do not leave any alone, until each understands as best as possible, that the loved one could not find the strength to remain.

We continue to find ways of learning and teaching that enable all people to become stronger; that enable all people to find a way to live upon Earth with inner strength in spite of the pain and suffering they see around them.

May our inner strength become contagious so those in despair seek our way for it can lead them to experience joy in life wherever they live. May universal love spread further afield and absorb all into its embrace.

In each age the spiritual message is delivered in the language of the day for the people of the day. It relates to their lifestyle and interests, but with each delivery, the message is the same. Each time the message is given to Earth it brings hope for a better life. It emphasises the importance of love. It brings knowledge of the greater and continuing life of the human family.

The Age we are living in now relates to technology, global and space travel and city rush hour traffic. It is an age of constant movement. The nature of family life is evolving into something different from the past. Friendships are made spontaneously and frequently but are often short lived. Information is at our fingertips and delivered instantly. We ask what, why and how. The Age of Aquarius is not an age of blind faith.

Hand of Love in the Age of Aquarius

You have moved into a new age, new to you because you are living at a point in time that is on the cusp between the previous Age of Pisces and the following Age of Aquarius.

In the Age of Pisces teachings were received by the select few and devotees learnt directly from the master. Through word-of-mouth, only later followed by the written word, these devotees passed the teachings down to future generations intending them to be heard as they were originally received. They neither expanded upon them nor followed them with further teachings.

The Age of Pisces was an age when the message for the progression of man was spiritual in nature because what is spiritual in nature lies deep within and is conveyed through the heart. Foundations were laid through an emotional, belief system that became organised religion. Regulations were laid down and provided the setting for future learning for the people. Inspiration received throughout the Age was on this spiritual level which became the possible foundation of the personality living upon Earth at the time.

Pisces is the last sign of the zodiac. It represents the heel that is the foundation upon which the whole body rests. The foundation of spiritual teachings received in the Age of Aquarius lies in those received by the Prophets and Masters who came to Earth in the Age of Pisces, even though much was interpreted physically at the time.

The Age of Aquarius is the Age of the Son of Man. It is the age of universal man. Aquarius, an air sign, is the sign of the airways. Aquarius means Water Bearer because air contains 78% nitrogen gas which is an aqueous vapour. A prelude to this new age is space exploration; man physically riding the airways through space.

Airways in the Age of Aquarius provide an energy and light that encourage the higher mental faculties. Those coming to Earth in this time relate to this energy and light that attracts strong spirits intent on spiritual progression through these faculties. In this Age of Aquarius man is able to connect to

these airways and receive inspiration from the source of his choice.

Moving into the Age of Aquarius is moving into a more intellectual sign. Emotions are more constrained and contained in the dispassionate sign of Aquarius. Man does not look inwards as much as in the previous Age of Pisces. He prefers to look outwards. It is a time of exploration; exploring the complexities of the mind, the world he lives in and beyond.

These changing times bring a new focus. The earnest seeker for truth may receive teachings himself in accordance with the wisdom of his source of inspiration, the ability of his spiritual mind to receive and the yearning desire of his heart to learn, grow and progress. Inspiration that translates on a more intellectual level is received for humanitarian purposes for many born in this age are capable of producing mind expanding technologies.

Spiritual teachings have a renewed chance for successful expansion. Organisations without the rules and regulations of past times can serve people who come together to share their learning and the teachings they receive.

This is a time when the greatest care should be taken in laying a new foundation for individual, spiritual growth. Safety procedures surrounding inspirational contact need to be clarified for it is easy to stray from pure intent.

An understanding of the pyramid structure may help. The goal is at the top. Man is at the base. In between are myriad steps and paths within that may be taken. Teachers and helpers lie in between. They make their way towards those of Earth whose vibrations correspond to theirs. When asked they take such aspirants by the hand and lead them along a safely laid path; which direction is that of the highest goal. This safely

laid path may be called the Path of the Masters and it is laid by evolved spirit.

Outside the pyramid man is able to construct any amount of pathways for himself. He may travel the path he has constructed with help from a myriad amount of etheric and psychic contacts who lie closer to Earth than those of the guiding lights from above. In such a scenario man thinks he is progressing, but he is following his own path that takes him to where his imaginative vision dictates.

Spiritual understanding and progression in the Age of Aquarius comes to the sincere, loving heart that has learnt how to love through the Age of Pisces, for Teachings of Love are based on the rock of spiritual truth. In the Age of Aquarius teachings do not ask for blind faith. They provide reasons and simple explanations and are available for any who are looking in their direction. They lay a foundation for future generations who are to live in the Age of Aquarius which has its goal of developing all to comprehend the Son of Man.

At this moment the Earth is in a fearsome state. It is filled with many who do not have spiritual progression in mind. Let us work together for the light of truth so every individual can believe he is capable of finding this light and capable of shining it for others. All are capable. All can lead the way, but all must find strength.

May the hand of love reach out to those living upon Earth so they may feel its power emanating from outstretched fingertips and be drawn towards the highest goal.

This week I cannot find joy in people or anything I do. Trying to lift my spirits I practise Tai Chi Chuen. The increased circulation resulting from the movements usually makes me feel better but tears continue to stream down my face.

He sits on the couch in front of me, wanting me to stop crying. Next minute he is doing Tai Chi Chuen in the air like

Jackie Chan's Drunken Master. I laugh out loud. My tears stop. My heart lifts. I am smiling again.

Our loved ones do not want us to remain miserable. Just as when they were on Earth, they continue to want us to be happy. It must be hard for them to see our desperation. They will do anything and everything to encourage us to lift our spirits.

Your Heart is in My Pocket

You have both received an understanding of the love vibration many times. This understanding is now being given to you on a deeper level. When you live upon Earth love is personal because the physical mind causes everything in life to become personal. Anyone who has spiritual work to achieve upon Earth has to take this into consideration because spiritual work can also become personal for a while. Upon Earth the love vibration is more easily understood on a personal level first.

What choices of channels does spirit have to convey teachings?

There is humility, generosity, love, patience, chastity, temperance, diligence. The greatest channel is love. Pride, avarice/greed, envy, wrath/anger, lust, gluttony and sloth destroy these channels.

If you could see the books of teachings I can see you would jump for joy. We worked together on the Earth, and we continue to work together. This is the life we have lived for a long time. For a 20-year period we had consistency. We had understanding. We had unselfishness. Because these continue much can be achieved.

You came late into my life and I left early from yours. Our coming together for this period of time established a rapport

between our minds, hearts and spirits; the seeds of this rapport planted a long time ago. I live in the greater life compared with where you live, yet above me is much more for us to strive for together. We are building a channel that is opened with the love vibration and widened with trust and understanding. The love vibration is the wings that carry the words for you to write.

Each word is butterfly that may land gently and promote a lightness of heart, bringing a smile to the lips of all who read or hear it. Each word is a musical note that travels the airways, rising and falling according to the breeze.

A serious word travels through the trumpet. A word of hope filters through the light-hearted flute. A word of love encompasses the heart and fills the body through the resonance of the violin.

The length and breadth of life travel the width of the horizon then sweeps across the Earth as the gentle sound of the harp, bringing with it a continuity of sound that continues to travel after the note is plucked.

Words of the great masters roll through the hills. They travel on the water and the wind, to envelop and encompass all in the valleys below who have lifted their eyes to the heavens in supplication, asking for a word of hope, a word of love and a word that can strengthen their belief in a cause far greater than what they see unfolding in the valley.

Hear with a heart full of love and love shall return to you fourfold. Speak with a mind full of joy and you shall receive the same fourfold. Let your actions be steady and gentle and receive a slow steady reaction from all you encounter. The words you build float through *the air as music according to the vibration of love so others may add to their quality. Strengthened, these words return to you.*

I shall send your mind words from the books of teachings I have been given to read to you. I shall send your heart the greatest love I am capable of. Both shall sweep through the channel we build together. As you place the words on paper, you shall add all that is in your heart. Any who hear or read these words shall receive all that you and I give them on behalf of the spirit of light.

Your heart is in my pocket forever.

He grabs me by the scruff of my neck and yanks me to my feet for my mind is questioning the accuracy of my memories. It is easy to lose confidence in ourselves when we allow doubt to enter our hearts and our minds. I must banish these thoughts. They serve no purpose.

His words bring him close. How can I remain upset after this? The title has me laughing for days.

Talk to This Dead Guy

What is the difference between talking to me and talking to someone who is sitting in your room with you? I know you can see the other person, but you can see me. I know you can read body language with the other person, but you can read me. I know you can touch another person, but how often do you want to? I know you can hear the other person's voice, but you can hear my voice. When you close your eyes it is as though I am in the room with you.

You can talk to another person upon Earth, be with another person upon Earth and still feel lonely. When I come to see you, talk to you and be with you, do you feel lonely?

When you talk to other people upon Earth do you feel love emanating from them, encompassing you and making you feel alive, exhilarated and full of energy? When I am with you I know you feel these things, because I am sending you all the love I have in my heart, plus all I can gather in from the world around me, plus all I can steal from the universe or from

anyone. I send you every bit of love I can. I know that when you feel the warm glow and encompassing enveloping of this love and protection, you know I am with you.

We talk more now. We see each other more now. We help each other more now. This is because there are no distractions. There are no other commitments. Your work is the number one priority in your life. My work is the number one priority in my life. We have the same goals.

Be joyous in our joint endeavour for that is what it is. Be joyous in feeling and knowing about love for that is what you have. Be joyous in that when you are alone you are not really by yourself. Work, play, eat, drink, talk, laugh, sing and dance. It does not matter what you do as long as you do it joyfully.

Dry those tears. From now on you are going to feel my strength. When you feel my strength know it is another form of love; more what you need at this moment. In this way I can encourage you to stride forward, strong, sure and powerful in your own right, never needing to lean on another; completely independent and in no doubt of the new direction that you are looking at.

This new direction is opening before you very soon. I shall grab you by the hand and pull you along this pathway. When there are hurdles, I shall throw you over them. The only thing you have to do is to continue to talk to this dead guy.

We sing. We dance. We tell stories. We paint. We write. We play music. We listen to music and creatively we do so much more. All these creative acts lift us to the heavens. They are the song of humanity and they create a common bond across the globe. They are glimpses into the greater life.

The visions of others inspire us to open our eyes to our own visions. When we do, we want to sing more. We want to listen to music more. We want to dance more. We want to express the beauty of life creatively in more ways. All is the voice of our

spirit; alive, vibrant and speaking through our hearts and souls.

Clear Spiritual Vision

The Earth is a finite world. Because of this the past, the present and the future are knowable. This seems the opposite to what you were taught before for you have been told that the future is not yours to know and it must present of its own accord. This was correct for that stage of your growth and development.

With spiritual growth and development your life can open out in a different manner. One by one a veil can be plucked from over your eyes so your vision becomes clearer, your hearing more acute, your knowing more profound and your silent response to the world greater.

When you no longer see through a glass darkly because your spiritual eyes are able to focus in the light you are providing for them, you are able to see as if from above, from space, the journey you are making upon Earth from birth to death.

Let me paint a picture.

Looking from above, the road that is golden in colour is the best road for you to travel. From this road extend different coloured cul-de-sacs, winding roads, dirt tracks, fields, valleys, hills and cities. These all represent a myriad vista of different experiences. Each of these scenarios has a path back to the narrow, golden road that is your best path of travel. This confirms that no decisions you make upon Earth are wrong. Each decision mirrors your development at that point. Whatever direction you walk in, you may return at any time to your golden road. Everything comes down to free choice.

How is this free choice made?

Free choice comes about as a result of your thoughts that are born from your desire. Through your desire and thoughts in the past, you built your present circumstances. Through your present desires and thoughts you are building your future. Because of this your future is known by those with spiritual clear vision.

They see your thoughts and know the future these thoughts are building and the path these thoughts will take you down.

Spiritual clear vision comes to those with a pure heart. It comes to those who have thought control. It comes to those whose focus is not on the events of the Earth or events around people upon Earth but upon the work that can be done.

Spiritual clear vision may be seen as a gift but it is earned through commitment, clear direction and a clear focus on the direction of travel that incorporates work for the greater life. It comes to those who remain, for the greater part of their lives, upon their golden road.

This Golden Road was laid before you came to the Earth. Because all was discussed and planned before your arrival to this place it is familiar when it is experienced.

A clear direction becomes known to those with clear vision. Those without clear vision run here, there and everywhere, seeking to experience everything upon Earth, calling this a wide education. This sort of learning, through these types of experiences, is learning through the conscious mind and has no impact upon the spirit.

The spirit has a sharp, clear focus. It nudges the soul to see the signposts that have been laid so the soul may stimulate the mind and cause recognition of familiarity.

One of the most important signals that the road you are on is your golden road is the experience of meeting and participating in the life of people who strongly influence you. When appointments with these people are met the heart

leaps in the breast and the spirit is joyous. The period of time spent in their company is fulfilling in some way.

Throughout life up to three people are signposts for your progression along this way. Each of these people enables a veil to fall from your eyes and you fulfil each other in some way. These people remain in your life for a pre-ordained period of time to help you complete some part of your destiny.

They are as angels. They lift your spirit. They bring laughter. They show respite in what is usually a darkened world. They are a kindness enabling you to continue through the darkening clouds, for the storm clouds are gathering. They are a light that shines to give you hope, to give faith and belief in your direction and to allow you to receive and give love on a personal level.

Because of these relatively short and joyous times you learn more about the importance of faith hope and love. Your endeavour is to emanate these three glorious qualities from the greater life to others on Earth.

These people, so like lights from above, create a memory for you. When life becomes lonely, when the direction of life becomes unclear or when the storm clouds gather, the memory of these lights is recalled. All is well because their purpose can be seen, but not always as originally thought.

When these lights leave the world before you, their presence continues to wrap around you and keep you safe, joyful, hopeful and strong. Their presence comes to you in a way that does not cause you to grieve for the spiritual life.

They cannot bring you too much light. They can only encompass you with a vibration that is closer to the Earth, easily tolerated in the form of the highest earthly qualities possible: humility, generosity, love, patience, chastity, temperance and diligence.

Life is glorious. Its planning is exquisite. The balance between a darkened place and the light that can shine through

is perfect. Let us bow our heads in praise for the plan of life for the human spirit. Let us acknowledge this plan and follow it to the letter.

We are no different, you and I. We are all servants of the Great Spirit.

Life produces questions. I see a beautiful relationship between everything that lives. There is a gentle flow of give and take between people; this gentle bending and swaying apparent in conversations and body language, the unspoken vibration around the words weaving a deeper communication.

We move around everyone and everything; acknowledging the space around all. The etheric worlds, while interpolating, do not encroach upon our sensibilities because of the limited spectrum our eyes respond to. For us spiritual and etheric worlds lie behind a veil, waiting for us to lift the corner, peek inside and ask for entrance. This gentle movement, apparent everywhere, is constant change and I am intrigued about how it works for us.

In physical life change is apparent at all levels for nothing can be retained. What enters the body must leave and what is taken from the Earth must return.

Levels of Living

Why does all that live upon the Earth mature and die, returning to the Earth all that was used to inaugurate and maintain life?

Of its own what belongs to the Earth has no life as you understand it. The Earth's physical and soul life provides the material to furnish a body and encapsulate a soul into which the human spirit can descend to afford life.

Where else in the universe does life for the human spirit age?

Only upon the physical planes of life does the spirit of man live in a body or life form that grows from a seed, matures then ages unto death.

What happens in other spheres of life?

The life of the human spirit is a light that exists in its own right. It is able to animate any form it must enter to live upon a sphere. Other worlds where the human spirit lives are of a greater light than the physical Earth. The apparel that is furnished to allow entry to such a sphere allows the luminosity of the spirit to shine through.

According to its light each human spirit dwells upon an appropriate sphere of experience. When its desire for growth and expansion becomes apparent it moves to a relevant sphere of life. In this way birth and death occurs, but in these spheres is best described as transition. The journey onward is joyous and making the transition is joyous.

The spirit is striving and yearning for greater awareness and this dictates its journey. In spirit worlds there is no leaving of loved ones for in such worlds love travels as does light. Whatever accompanies the human spirit, wherever it goes, is compatible with its stage of awareness.

There is a natural falling away of those who do not have the same aspirations, so the spirit does not have regrets at leaving anyone or anything. Its movement and direction is natural, an easing into another way of living and appreciation of life.

Worlds that are denser than Earth provide heavier bodies and a heavier outlook to life. In such worlds, even more so than upon Earth, the human spirit is restrained, unable to express its light easily because the denser body provides a mind of its own that supersedes anything of a spiritual nature.

This is similar to what happens with the physical mind of Earth in those leading a self-centred existence devoted to pleasure.

Look closely at the Earth and you will see great beauty. Eyes that see the beauty of the Earth are gentle. They see a place that could be paradise for the human spirit.

All has been changed by the physical mind that has sought to override natural law and natural beauty. This is a temporary state of affairs. One day man will progress beyond this attitude to life and the Earth will once more be a stepping stone on the path of evolvement. When man is no longer associated with the Earth it will return to its natural state of beauty. Once more it will become a place for the animals, birds and other life forms to coexist harmoniously.

My mind is busy, constantly thinking about myself and others. As is normal with the physical mind, the thoughts are negative. I do not like myself and I do not like anyone else. This is a runaway situation I cannot seem to halt. Normally I think very little and when I do it is about the teachings. Mostly I walk through life with my head in the clouds doing whatever the moment brings.

My friend says it could be anger; one part of the seven stages of grief. This is what it is. I must be angry. I think about this but I am not angry. He passed at the right time. He achieved much in his life and gave of his wisdom to all who crossed his path. It was kindness to take him quickly so he had no lingering illness or old age. The speedy manner of his passing best suited who he was. I discount anger.

My friend says I do not talk about him so I may need grief counselling. This must be it. I think about grief counselling but I have more grief counselling than anyone on the planet. The only discrepancy is that my counsellors do not live on Earth. I discount the need for grief counselling.

Why is my mind so busy? What has happened to my discipline of thought control and happiness?

You are learning by experiencing the way people constantly think. When the mind is busy it is not easy to like yourself or other people because a busy mind is critical of self and others.

With these words a weight lifts from me. Once again I like the people I know and I like myself.

I miss his wit and intelligence. I miss his humour. I must deal with the path I am now on because how I deal with it affects our future possibilities. Earth is still my home for a while and destiny has decreed I continue here without him. I want to do it well. I must do it well.

Earth as Home

What is your view on what humanity is doing to its home, the Earth?

Man has a history. The course of this present history began after man's fall into physical generation, after he listened to murmurings of how men and those in charge of aspects of creation could together rule the kingdom of their own creativity. In this way the present course of man's history began.

Through his choice, resulting from his ability to use free will, he stepped off the laid path and built his own road in a different direction. With a changing course of circumstances, created by his own mind and desires, the human spirit embarked on a journey that caused this world to become separated from other worlds.

How did this change of direction take place?

Thoughts create thought forms. Thought forms have a power of their own. Action follows thought forms making them stronger. These thoughts and actions, emanating from man on this new course, this new journey, forced him into separation from the greater realms of light and isolation upon the physical world of Earth.

Earth is a world built of dense material because it is so far removed from the source of life and light and man's isolation upon it is maintained by time and space. His separation from the greater realms of light is achieved with the removal of memory of his journeys through life causing his activities to be limited to particular worlds.

When Earth became home to the human spirit it provided everything to maintain life and health. It was intended that the human being live in harmony with his physical surroundings and all life forms that inhabited this beautiful place. In this environment the human being could grow into an etherealised form.

Through the freedom he has been given to put into place his actions and desires man is building a road that is leading to the destruction of life upon Earth. This is why we say man has a history.

He has built his road without taking into account how his circle of life works. The natural law of Earth encompasses birth, maturity and dissolution and all that live upon Earth come under these laws.

Man has built a road he must now travel until it circles back to the starting point. The generations shall travel life in this circle, with unlimited action and freedom within its parameters, but unable to venture beyond its boundary, unable to participate in life outside its perimeter. Man is imprisoned by a road of his own making.

Man’s path is leading to his destruction in two ways. The first is by what he is doing to his home, the Earth. Continuing

as he is, he is harming the life support system. The Earth follows natural law, as she must, and allows man to go only so far before she crushes his destructive influences.

The second is what man is doing to himself. By continuing to maintain belief in the path he has already constructed, his spirit within is slowly being squeezed out of the physical form. Eventually the spirit comes to a point when it cannot symbiotically live in an environment which is not only, not inducive to its growth and progression, but actively seeks its destruction.

Such activity leads to the death of an individual, the death of a race and the death of a species, with a future of obliteration of the soul and the spirit's conscious awareness. Death comes first to one and then to many.

How can you help humanity so bent on the path of destruction?

Because we remain in a world of lighter thought, holding true to the path of light we were meant to travel, when we look at the human family we stretch out our hands to help. We do everything we can within the law of life to turn man from the road he has built, to the direction of his golden path.

We are warriors for truth and we explain the best we can how man's real journey can be made, for made it will be. We stand waiting. Through the Law of Attraction we may draw close to those who ask for our help. When a light from any individual reaches us, we stretch out our hands and connect to this light. We encourage. We teach. We show the way.

What teaching can help man change direction?

We try to show that those who are determined to stay on this road of destruction remain imprisoned by time and space knowing nothing of other worlds outside the physical environment.

When his heart wants to change, man's first step is to work with the laws of nature that show him how to live safely within the environment and maintain a healthy life. The second step is to become aware of the complex make-up of the human being. The third step is to discover that life continues beyond the world of Earth. Education begins with these three discoveries.

We see life as a great, infinite resource implying travel, work, expansion and worship. The fourth step is to share and care for all human beings. Before man can be trusted to travel abroad he has to prove that he can share, love and care for himself, his life essence, others, his environment and the great power that created who he is, not what man has made himself to be at this moment.

There is so much for the human spirit to learn. Man has travelled so far down his road the return journey is long and arduous, but we are standing at the beginning point of his circle of life. We are the light he can see in the distance, to which he gravitates. With our love and with our light we draw him towards us.

When he reaches the evolutionary point where we can connect with him we will draw him over to our side of life. Here he may permanently remain, a renewed fully conscious and knowledgeable spirit of love.

At this point, at this gateway, we are many. We are unconcerned about time. We have patience. We have love. We have understanding and we will not travel further afield until the last human being has crossed this point.

Many of us have travelled this path out of darkness, back to the golden road. We understand the difficulties. Every person upon Earth, who turns around, looks to the light and calls for help, is given the help he is asking for and able to receive.

What is my role in this re-education of the human spirit?

You have turned your head. You have looked to the light. You have asked for help. We have extended our hand. We have sent our love. We teach according to the questions you ask and what you are able to receive. Our words, through you, can reach more people faster.

We reach one person, you. You can contact large numbers of people and give them an opportunity to ponder, cogitate and decide whether to stay on the path they are on now or choose a more enlightened path.

Life is not only about the individual. Teaching, love and progression are for all. In this we are the same, you and I. We are all servants of life. We are all making the journey home. We are all of the human spirit and we are seeking for all members of the human family to break out from the prison of earthly life.

When all who are capable bring spiritual light to Earth the vibration is raised and the return of the human spirit to a spiritual way of living upon Earth is begun. Once man proves himself upon Earth he will be able to travel further afield.

All souls associated with Earth remain associated with Earth; their bond and connection being one spirit to another. According to their awareness, at times they travel further afield, gain knowledge, wisdom and understanding, expand their love capacity and work in other fields, but these souls return time and time again to hold out a hand to their human family upon Earth who are striving to return to ways of light.

We have available, a road we have prepared. On this road are people and situations that bring us the opportunities we need to build the best life possible within the social structure we live in.

Whenever I change the course of my life I begin new things, meet new people and live in new places. I leave behind what

is already experienced and the people who accompany me during these experiences. Occasionally someone resurfaces and I am again presented with choice. Do I reconnect or continue down my prepared road?

Where should I be going? What should I be doing? How do I now make the best of my life? These are questions voiced by everyone at some stage in life.

To answer these questions people have to learn to believe in themselves and their capabilities then, alongside good planning, find the courage to take presented opportunities when they sit well with the heart.

Golden Road

You do not know the day or the hour that you shall be called so there is no time to waste. The Golden Road is yours to live. It holds your destiny upon Earth, having every contingency for your life. It provides all the people you need to meet, the education you need to sustain yourself on the journey and all information that can place you where you need to be at the appropriate time. For you and each person upon Earth the difficult part is taking the first step onto this Golden Road, once you find it.

How do you find your Golden Road?

From the moment of birth your soul talks to you. Your spirit talks to your soul and your soul talks to you. When you are very young your soul guides you. It tells you what you want to be when you grow up. Later if you do not listen to too many people and follow your early instincts you are guided to your Golden Road.

You have seen, read or heard about people who, against their will and better judgement, have been propelled by others into a way of life or an industry of work. They have not had the

courage or strength to stand up for their own wishes, usually because the path offered is one of financial security.

Life upon Earth is full of uncertainty when you do not listen to your inner self. Your inner self is your only security. It is your only clear direction even though it never provides reasons with its promptings. When you listen to others they give you reasons. Their reasons appeal to your physical mind and you have no argument. What they offer appears to be the best course of action yet still your soul does not want to follow.

When you are young you listen to your soul that is listening to your spirit. At the age of maturity, if you have listened to your soul through your tender years, you continue to do so, even though its direction is often opposed by those who seek to control your life. It takes strength to determine your own direction. Should you do so, your direction will not see you wrong because it is the first step onto your Golden Road.

When you do not have the strength to withstand the will of others, but listen and follow their direction, you may be taking a path that can be successful upon Earth, but it will not lead you to your Golden Road. It will not fulfil your soul or spirit and you may be left with an inner emptiness, even though you may not know what causes it.

What is the Golden Road for?

The aim of the Golden Road is to fulfil your destiny.

What is your destiny?

Your destiny is the earthly life you have planned so you may repay any debts you may have incurred in some time or place.

Your destiny is the earthly life you have planned that continues your spiritual education so you may take one more step up the ladder of spiritual progression.

Your destiny is the earthly life you have planned to complete a special task; a mission that becomes possible when the first two are completed.

This third task is service for others; service that encourages the spiritual progression of others. This task is not for self, although it contributes to your own progress. Should you undertake such a task it becomes the driving force of your life; your reason for being.

How is life upon the Golden Road lived?

Because you do not know the hour or the day when you will be called you do not know the length of the Golden Road. The best way to live is one complete life in one complete day.

See everything with eyes that truly see. Create memories you can take with you when you are called to the next world you will inhabit. These memories and knowledge gained during your time on Earth are all you may take with you on that next journey, nothing else.

Everything that relates to earthly life is intoxicating; a drug, a habit that builds up and is hard to break. You have seen people who cannot stop accumulating possessions, who continually chase money and who continually seek to be top dog in their profession. When they achieve what they set out to achieve they wish to achieve more of what they are doing. None of this can be taken with them when they leave Earth.

What then is their purpose in life?

Their purpose is to live the earthly life, gain all of its joys and possessions; nothing more. Any knowledge they accumulate while achieving this purpose is useless in the world to which they will travel after this journey is over.

Layup treasures upon Earth that you may take with you when you depart. See the world through eyes that are open.

Hear the sounds of nature for they are the sounds of life. See the rainbows and the colours of the world.

Know that everything you truly see, while great and wonderful, is less than what you will see after the passing when you have done the best you can do.

What road can you travel if you do not make it to the Golden Road?

You may travel any path you choose. You may achieve any of your goals on the path you choose, but at the end of your days there will be an empty feeling that you have not done something you feel you should have, even though you do not know what it is. This creates sadness and fear of leaving the Earth when the time comes.

When you achieve your purpose upon the Golden Road you do not mind leaving the Earth. You are prepared. The Golden Road gives you knowledge. It gives understanding and spiritual strength. These are the things that take you over the threshold into another life.

What about the fear of injury, pain and the passing that many people have in old-age?

Sickness, injury and pain belong to the body. They belong to earthly life. They belong to karma. Sometimes people, because of this, have to experience these things and they become resigned.

Spiritual strength gained from travelling the Golden Road does not bring fear of these things to come. When you have done everything you need to do to achieve your purpose and have followed, to the best of your ability, a path of health and goodness, you know without a doubt that that you will not experience fears that originate in the physical mind.

Should you have made mistakes regarding your health, thinking and actions you may have to experience some health

problems and pain in the physical world but spiritually speaking you are taken gently and kindly from the Earth when your work is completed.

The scales of Justice administer the law of life so justice is always served. When we stand securely in the foundation of who we really are justice becomes the beacon by which we view people and events. Mundane thoughts become irrelevant, replaced by those that construct the path of our innermost desires.

We do not have to concern ourselves with retribution and revenge for wrongs committed when we have been hurt. These things are not our domain. They are the domain of Justice and the scales are always balanced fairly. We may not know how or when, but this is so.

Lawrence of Arabia, living impetuously, disregarded and survived the dangers of warfare, but upon returning home died as a result of impetuous driving.

Man and the Moon

Astronauts have travelled from the Earth to the moon. Some of their prior perceptions, that the moon was a hostile place, not welcoming, are curious.

Why would this be so?

The answer lies in man. His travels, his actions and the places he goes to follow his thoughts.

What are the thoughts of most men and women upon Earth like?

Are they gentle, kind, hopeful, seeking a world of light, or are they competitive, dark and angry, seeking retribution? Before man travelled to the moon his thoughts travelled there

over many centuries of time. Now the moon is available to physical travel and man can follow his thoughts.

When man didn't like what he was seeing, doing, thinking or feeling upon Earth, in a superstitious way he relegated these matters to the nearest outer body, that of the moon. The moon is light on one side and dark on the other. This causes her to be mysterious. Her influence is emotional because she relates to the thoughts and feelings of man as he reflectively gazes skywards.

The nature of man's thought rise to the moon and becomes part of her atmosphere so she is both a sign of hope and a sign of despair. If man's thoughts are what you feel they may be and they were all congregated in one place over aeons of time, would you wish to be where they were?

Sometimes I feel as though I am living half in this world and half in another world. Every day I sense the presence of the teachers standing at the horizon of my mind, their care emanating towards me like waves rolling over the beach. Because they care they have something to say. Like a child I watch, listen and absorb all I can. I am nourished in every possible way.

Life on Earth is not always like this. You have to cross paths with people who either do not see you because you can do nothing for them or see you because they must but wish they did not have to. When you see the need for change in society start with yourself first, then you will have something to say. When you care you can be inspired and then you can inspire others, but what you say and do changes as you change.

Light on the Horizon

There is a light on the horizon. Through the light we stand, waiting.

What are we waiting for?

We are waiting for you. Now you are walking towards us, we greet you with joy. In our communication with you all the words you have heard, spoken and written have been only a step to bring you closer to us. Now we greet you.

You have arrived at the place you were meant to arrive at. Now think only of the journey that is before you. The Golden Dawn is here. In this Golden Dawn is everything you need. It shall light your way for the rest of your journey upon Earth. From this moment forward we shall accompany you and you will hear our words.

White Lightning.

This name is symbolic of the power words can invoke when used correctly; when used in the way they are meant to be used. When words are put together in a certain order they evoke a mental, emotional, physical or spiritual response in the listener. Without this the resonance of the message behind the words would not become apparent to the soul of the listener or reader.

There is an empty space when love departs but this is only the space once filled with a physical presence. This is what we mourn and grieve for.

All that makes up the real person we loved on Earth remains, even as it travels onwards. It enters our hearts to give relief from the pain of physical loss and eases us through time until we heal. We do heal. When we recognise the loss is only physical we are comforted because we also realise we can learn to sense and know the essence of our loved ones.

The love, the gentleness, the humour, the tenderness, the caring, the compassion still exist in both worlds at the same

time. When we dry our tears we are nurtured by these wonderful gifts of life and our love continues.

As it does so we become more observant of its counterparts in the world around us. We walk or drive a familiar route and do familiar things in our daily life but we see everything differently each time. The colours change, the sounds have different musical notes, the birds fly in a different pattern and the people whose paths we cross smile more widely as love's overflow reaches them.

Greater Love

You have a heart within your body. Our heart permeates the universes, worlds and mansions of the greater life through which we travel. Your heart can be filled with love. Our heart can be filled with love. How much love can you contain? How much love can we contain?

You live in a finite world with time. We are timeless, instantaneous travellers roaming through the ethers on waves of love. We have so much it overflows. This overflow we direct to you. We pour this love on you, through you and into you. Your goal is to increase the capacity of your heart to be aware of and receive this light, this joy that is being sent directly. Let this love fill every empty space created by the hardships of Earth life.

In the past you sought love from a person and experienced this love. You have lost the person who carried this love but your loss is only of the eyesight. The love of those who know you travels through the ethers towards you, so never let the difficulties of Earth life diminish your capacity to love.

We vow that from this moment on you shall recognise our love every day in some way. Open your eyes and see this love we shall send you. Look at the flowers and copy their colours. Look at the trees and adopt their style. Listen to the birds and play their music. Talk to the animals and hear what they

communicate to you; everything from us. Feel our love as it floats through the ethers on waves of life.

Feel the love of the greater life in all that is around you. Look for its expression on the face of every stranger you walk past. Talk to the children. Smile to ease the pain of others and see if for one second you can erase it from their faces. Send our love to all people through your demeanour, through the happiness on your face and through your appreciation of life that is apparent in your stature and movement.

Walk lightly through life, missing not one sight we send you to mirror our love for you. Is not the moon as beautiful as the sun, yet it can only reflect the light of the sun? This reflection gives it a new life of its own. In this way gold becomes silver and the love from the warmth of the sun is adapted to become the cool wind of enlightenment through the moon.

We are no different you and I. We are all servants of the Great Spirit and our job is to bring his message of love and truth directly to the people.

Our children represent continuation of our lives - our immortality, yet as a following generation, they think and feel differently. We can prepare them for the world they inherit from us but they are to grow into a different world as we withdraw from it. Their characters and personalities arising from the foundations of our world must develop and encompass a new and different reality, so one generation cannot understand another. It should not try to; rather just accept new and different ways.

My generation is rebellious against the status quo, activating change in every area of life and seeking independence and freedom of expression. These things I understand, but do my children? Will their children understand their ways? May all people of all generations have

the freedom to choose their own paths. May they find the courage and inner strength to continue along the way they choose.

Let children be with nature and one day they will remember nature's lessons that can lead them to good decisions.

Laughter on the Wind

I am the wind. I could have been the rain, I could have been the sun, but as the wind I can move in all manner of ways, carrying messages to those able to hear me.

I love to tease the hair of children as they play for their laughter inspires me to eddy. I keep their secrets for they tell me what is in their hearts. Through them I connect all parts of the world, carrying their laughter from one end to the other. I connect this laughter of the children all over the world for their sound is beautiful.

I carry the laughter and the songs of the children to the dolphins and whales when they surface. They pass the message to all the fishes in the deep waters.

I carry their songs of joy to the birds and murmur them to the animals. In this way I unite the children with the animals and the birds of the air.

I carry their message to the rippling surface of the rivers whose crystal-clear waters conduct it to the seas when they descend from the mountains. Together we sing with all the birds and animals.

Maybe the parents can hear our song. We want them to keep the forests and let the waters of the oceans be clean once more.

If I carry the sound of the songs and laughter of the children maybe the parents can once more learn to speak the language of the heart.

I just want to heal the world. I just want to heal everyone in the world.

We all want to find love and happiness with a person who speaks truthfully to our minds and hearts but happiness is a personal discipline; not contingent upon events or other people. We become acquainted with love and friendship for short periods, but because of the constant state of change that is life, we cannot hold these things, only grasp them for a while.

The positions of the planets at the time of birth give each of us a different picture of the energies that work with the various parts of our lives e.g. home, children and work. This caters for the different interests and different attractions in people. The tides of all our lives wax and wane as the planets move through the heavens, the only constant being change.

Although the picture is different for each person, change brings opportunities to all. We may find love, friendship and happiness for a time, but as with all goals, their permanence remains elusive because of the process of change.

Is Earth the place to achieve true love, friendship and happiness?

The quest to achieve happiness and love is the vestiges of a lingering memory that once you had both but allowed them to slip away. During your short stay on Earth you can learn to recognise their attributes for your soul strives for them. You can work for your return to the happiness and love that is your birthright as your soul carries your spirit to greater heights on the wave of truth.

Cult of Spirit

There have been cults upon Earth since time immemorial. For various reasons, in every culture, in every race and in every

time, groups of people have flocked to a leader or fellowship. They have been prepared to lose their individuality and the discernment of their own thinking patterns when they join a group which dictates, either in a spoken or an unspoken way, codes of thinking, talking and behaviour.

Upon the Earth today there are many lonely people who cannot find anyone they can relate to, trust and communicate freely with. They cannot find anyone who will listen to or understand their ideas. Being alone, they are unable to give and receive love. This does not mean that they do not want to laugh or have love. It means they are not in a position to appreciate or express the love or the hope of love they had within when they were children.

When people cannot find a person or persons they would prefer to find, they seek elsewhere, anywhere, where they may fulfil some purpose in life that is associated with others. They join groups seeking this one person who can understand them and whom they can understand; this one person with whom they can freely express their hopes, wishes and thoughts on life; this one person to whom they can give everything in their heart and in return, receive.

When they find such a group they may seek to be seen to have found something special to follow, to listen to, to participate in or to gain a position of leadership. They follow the rules and regulations within the group which may be unspoken and unwritten, comprised of a required code of behaviour, speech and acceptance of what the majority perceive to be correct. They are afraid to leave and be alone again.

Cults offer companionship to those who are not living fulfilling lives that are producing distinctive abilities or qualities of leadership. They offer learning and training programmes that do not entail individual hard work, individual effort or an individual journey of learning and experiences.

Cults cradle their members and lull them into a false sense of security and support as long as the learning that is offered is accepted and appreciated. Cults produce the one thought from the one mind. Because there is no opposition to the leadership within the group the cult exerts a powerful psychology.

Once people discover belief in a continuing life beyond the physical world of Earth they enter a vast expanse of experiences and possibilities. Their desire to learn and find truth grows. Because the life of the human spirit is eternal there are many aspects of this life to discover and experience in the many mansions of the kingdoms of life.

They become aware of the spirit within which stands individually upon Earth, yet at the same time is attached to other spirits on Earth and in other realms. They learn that through this attachment the individual spirit upon Earth can connect with other spirits of his or her choosing through the Law of Attraction.

They develop a need to relate to others who also have this understanding. They look to connect to those who think, feel and behave in a similar manner and have a similar yearning and desire within. Life is the same everywhere. There is life on Earth. There is life beyond Earth. Upon the passing to the greater worlds beyond Earth the human spirit continues to live and work with those of a similar vibration.

The ladder of evolution has many rungs and each rung represents an aspect of learning about life. Learning is according to the heart of the individual and living is according to his mind which can be influenced by others, be that a person upon Earth or a person in spirit.

Why do we say the new cult in this modern age is the Cult of Spirit?

People's learning is restricted to what is written and to the availability of teachers. According to the yearning and desire of their hearts people can find what they are looking for. Discernment takes them to a particular quality of learning. Discernment leads to training. Training leads to safety. Without discernment any good speaking will suffice.

The Cult of Spirit is becoming apparent by the overuse of the words spirit and guides in a personal way. By looking to personal guides or spirit as all knowing, all seeing, all wise guardians of knowledge people are opening themselves to any spirit who praises them or promises them what they are seeking. They welcome any spirit contact believing a white light can protect them from anything.

Truth comes from the source of life. Evolved spirits talk about a greater will, speaking with reverence, simplicity, worship and humility. Everything they do in life they do for and through a greater will. They do not talk of self or express personality. They rarely talk about individual spirit. They deliver their words according to a greater will. In their love and worship for the source of life lies protection.

When two or three people are gathered in my name, there am I in the midst of them.

These are the words of Jesus who communicated with the Father/ God/ Great Spirit for all he needed to give to the people. Through this Christ light what he needed was provided.

Look to the greater life for the knowledge and learning you are seeking and on the path of growth you are experiencing at this time the opportunity for truth will be presented to you. No one can provide you with the learning that is appropriate for your growth. Others can give words for you to ponder upon, to

help you choose your experiences but the truth you need is initiated from beyond the Earth and it is what it is.

You recognise and choose truth from a spiritual body of work that is appropriate to your stage of awareness in each moment. Through the yearning of your heart you draw it towards you. The subsequent attaining of the realisation of the qualities of truth requires your own effort and ability to change.

The Cult of Spirit, which holds guides and spirit as the focus of truth, cannot lead you to the Path of the Masters which encourages self- thinking, self-confidence, self-determination and personal responsibility.

For our life we give thanks, for at any time, the life we are living in this moment, may be taken away and transposed into another dimension. We do not know where and we do not know when. We cannot look to spirit to tell us. We cannot look to guides to tell us.

We are in greater hands that are only apparent in the finite world of Earth as natural laws. These are the laws that inexorably must be followed, just as in the spiritual world, the greater worlds of life, the laws of such parallel universes command their performance.

Today women are living in unusual times. Throughout history the place of most women in society is one of servitude with the inability to control their destiny. Even today, in relatively free societies, women can move from being controlled by parents to being controlled by husbands.

I am grateful for the financial and social freedom available to women in our society. If women use this hiatus in history to promote all that is truly wonderful in womanhood maybe this freedom can continue and spread throughout the world. It would be a tragedy to lose it, for the gentleness and intuition of women complement the protective strength and

capabilities of men. When women and men work together harmoniously much can be achieved.

I am Your Protector

I was always your Black Knight but look at me now. I am your White Knight, your protector wherever you are; the protector of your life. When you call, I come, especially on the strains of music.

I am a foundation upon which you can build. I am a high steeple to where your aspirations can ascend. I am the width and breadth of your reach in the world.

I roll out the carpet, white with the purity of your intentions, so you may walk upon it, unencumbered, your footstep light and sure. I barely lay the carpet and you are there, taking your first step, striding. You come so fast that you find me scrambling, barely ahead of you, smoothing the carpet out. You travel at such speed but I want to lay the carpet carefully so nothing can trip you.

The lion is the king of beasts and he shall roar; a voice in the wilderness. The sound shall be carried by the four winds to every corner of the Earth. His mane, surrounding the roar, is the halo of truth. His colour is golden for the light that brings the words.

Roar like the lion as you walk the white carpet. I, your White Knight shall ride before you, my steed the swiftness of the words.

I shall cut away all encumbrances before you without a sword for I shall use my hands. They shall cut a swathe through the ethers and all that is not of light shall move aside.

Our years on Earth have gone. The Golden Dawn is here and you are stepping through. I walk ahead to clear the way, but you must walk the carpet alone.

You will always feel my love, so do not doubt that I will remain to see the work done. I am a part of who you are and

together we serve all who have life. Together we love all who have life.

Now you can be gentle. Now you can be kind. Now you can express the beauty of womanhood, for you no longer have to carry a sword of protection. I will protect you. Show the world the gentle, quiet, happy beauty of womanhood. This is your chance. This is your time to express the true beauty of the receptive qualities of the light in which you were made.

I am your protector.

We want to know our past. We want to know our heritage. We want to know about the journey we have taken through great civilisations to the circumstances of our present day.

We want to know what we knew and what we have forgotten, and we want to know why we have forgotten what we knew.

Perceptions of Truth

Many records of ancient times have come down to modern times through mythology. Everything that has been handed down or recorded, in some way has its foundation in truth, coloured by the point in time truth makes its face apparent.

Truth is as mercury, flowing and moulding to create the picture that the minds of the culture at that time can accept.

Each civilisation or culture can only accept a certain aspect of truth because of the way the people think. Each civilisation and each culture grows in a certain direction. The people pick up a thread of truth and the culture develops in line with that thread. What is presented to the people encourages their development and evolution. The same truth

in another culture may be shown from a different angle but each is no less the truth.

This is humbling for man because it explains why at no time can any one person, culture or race grasp and hold the whole truth on any subject. The mind of man is not developed enough to do this. A more encompassing truth belongs to the more encompassing worlds of spirit but still according to the evolvement of those seeking its embrace.

I yearn for the closeness of our partnership. I yearn for our communication, both silent and vocal. I yearn for the proximity of his presence even though he still brings this to me. He must have to work very hard to do this because when he comes his presence fills my whole being. My heart overflows, as do my tears, but I am supported. Over the year his all-encompassing presence becomes less but for now I am filled with need.

Perceptions of True Teaching Partnerships

Throughout the history of the world there have always been traces of philosophy concerning twin spirits and soul mates. A love bond at the point of spiritual birth creates a special attachment between two spirits who are able to work together in a way no other can.

Even though this philosophy was apparent in the Ancient Egyptian culture, there is no label for it in this Age of Aquarius which is a time where views of philosophy, life and the universes are moving in a different direction. Another veil can be removed from the eyes of the generations who are to inhabit the Earth throughout this age.

Human attributes are part of the life of the human spirit and have to be taken into account. Ego and fear are always present, waiting for the chance to distract the seeker from his purpose in life. In teaching partnerships each takes care of the

other when these distractions arise. One can see more clearly when the other shows a sign of ego for humility disappears and self-absorption becomes apparent.

In this age the world is entering, partnerships can once more be formed, bearing in mind the original concept of twin spirits or soul mates. In other times it has been perceived that when one spirit incarnates upon Earth the other remains in the spirit world to inspire, guide and protect the one upon Earth.

These partnerships can meet upon Earth at the same time, but only for a short period. A strong connection is made quickly, for the roots of their connection are in the spirit world. One partner then leaves the Earth.

A work of importance upon Earth either commences, or if already started, continues. The love vibration from the partner in the spirit world is easily able to contact and inspire the loved one on Earth. Prayer and worship are important in these partnerships for they are working according to a greater will. They are aware that alone they do nothing.

There are always strong and beautiful souls born to carry peoples through times that bring death to known mores.

They negotiate the turbulent path to new ways that incorporate a new awareness. They show the people how to accept the coming, unwanted reality, frequently losing their liberty or lives while doing so.

They mirror the heroic status of the human spirit that is apparent in all cultures, in all societies, in all races and in all civilisations.

A Culture Disappears

It is difficult to live through changing times that signal the end of an era of living; the end of a way of life forever.

There is always a dominant civilisation upon Earth at one time. Through that civilisation all that is possible spiritually to come to Earth to help man on his journey of awareness, comes through people born into this civilisation.

As an epoch comes to an end and times change, the supremacy of the predominant civilisation begins to wane according to the natural law of birth, maturity and dissolution. According to the strength of the waning of one civilisation, another waxes.

During this time of waxing and waning there is a similar rise and fall of cultures throughout the world. A waning culture shrinks within smaller boundaries. A waxing culture expands through travel and exploration; seeking to establish itself as a major power. During this time, cultures that may have lived peacefully and contentedly, isolated and unhindered in the way of life they have adopted, have ahead of them violence and trauma.

Such times are tumultuous for change can be violent. A waxing power is determining its path of progress and all in its way are swept aside. Smaller cultures and races that do not contribute to the goals and purposes laid by the waxing civilisation are either absorbed or annihilated. All depends upon policies made, financial concerns and negotiating skills. As the affected cultures are hurled into changing times physical violence may accompany a determined termination of their future without their consent.

Such changing and frightening times see the incarnation of great and beautiful souls, born to guide the people safely through troubled waters. In one generation they come to Earth, strong and determined. They rise to positions of leadership with compelling skills of negotiation and untiring effort.

From the moment the time of change becomes apparent in their lives, which is predominantly in their middle age, the

importance of their leadership and guidance becomes paramount in their lives and the lives of all the people whose safety is suddenly placed in their care.

During these turbulent times in the Earth's history, as many beautiful souls come to Earth with the purpose of serving, there is great support and prayer from the world of spirit. As these beautiful souls depart the spirit world they are cocooned in an aura of strength and light for during their lives they must face great hardship.

They have to see their people through the end of a lifestyle they have been born to for many generations. They must witness the sadness and despair of all around, yet at the same time maintain their strength and character. They must use their intelligence to negotiate a path through these troubled times, doing everything within their power to prevent annihilation of their people.

These beautiful souls come with a clear intelligence for one of their responsibilities may have to be acceptance of the new way of life, even though it may be abhorrent to them. This may be the only way to save their people from annihilation. Either way the strength of the culture is decimated.

Such souls incarnating during these times are an inspiration to all. They demonstrate how in a work of love evolved spirits are always ready to lend a hand of service when difficult times for man on Earth call for the strength of their evolutionary abilities.

When they come to Earth, to give service, they are showing others in the spirit world how love surmounts all obstacles, all difficulties and all painful experiences. Because of what they do, they inspire others in the spirit world to do likewise; lend a helping hand to those living on Earth in fearful times.

We stand at the entrance to the world of Earth. We stand together with all our love and light encouraging these

magnificent souls in their journey of altruism. They are an inspiration to us. As they pass, we bow our heads. The magnificent light emanating from them withdraws and shrinks to become a smaller vessel to be contained in an even smaller vessel when it enters the Earth.

We treasure their light and care for its presence upon Earth. Although it is unseen by most people it lends beauty and hope to all who come within its reach. It is an emanation of the light of the Great Spirit and we give thanks for having stood within its presence.

Some time ago in meditation I received a vision of the man with the long white beard. He was craggy and steeped with experience, as is my perception of Father Time; another insight into what is already received.

Father Time

Old Father Time is wise beyond compare. His reach is across the universes of experience and his inspiration is timeless. His face is a reassurance that no matter what, all is well.

Because we come to Earth we are children. The greatest of us and the least of us are still children. Everything that is possible to be experienced upon Earth will be experienced.

As the reach of Father Time extends beyond what we know of so do the allocations of time that we have extend, for we must experience all the Earth offers until it no longer overwhelms us.

We look to Father Time. Every line etched upon his face mirrors every experience and emotion of his journey through time, reflecting who he is. He depicts the greatest wisdom possible for us to achieve. He shows that through realising the experiences of what it is to be human, and rising above what

could easily destroy, the human spirit expands and reaches beyond anything imaginable in its capacity to endure and fulfil.

We look around. We see the greatest and the worst of all human behaviour upon Earth at any one time. Accompanying suffering and joy we witness heroic deeds and depraved behaviour side by side. When we open our eyes, our minds and our hearts we can absorb the experiences of others and learn vicariously through them.

In times that test us in the extreme we reach into our depths and draw from within, all we are capable of. When we find what we are seeking, be it courage or joy, strength or perseverance, during times of great hardship we use it for ourselves and those who are with us.

As we look into our depths we are surprised at what we discover. We find the strength that equally matches the weakness we are feeling in the moment. We find the joy that equally matches the despair we are feeling in the moment. We find the rejoicing that equally matches the grieving we are feeling in the moment. We find the serenity that can carry us on the wave of emotion; so that in the experience of its intensity the wave can wash over us, not destroy us; so it can carry us through the troubled waters until it finds us a harbour of shelter.

Father Time stretches out his hand when we reach a harbour of shelter and places one more mark upon us; one more line. He then reaches out his hand and turns one more hair white. And so our journey continues.

I am grateful for my house. It nurtures me and keeps me safe. I live and work at home and rarely feel the need to travel. I revel in the simplicity of life.

Every year I dress the house according to the Flying Stars of Feng Shui and love the different ambience each year brings. My house is postwar, built for low-income people in a time

when mortgage rates were three to five per cent for life. The original owners of these houses struggled to buy even one luxurious article.

The houses are built of solid wood or brick and sit on strong foundations. They have long line tin roofs that last fifty years. My challenge is to change the impoverished, natal qualities of the house so it can welcome work and income through its doors. Better to be pro-active than to just hope, so Feng Shui it is.

Last year the house was filled with luxurious plants and things that were stimulating to the eye. This year the lines are clean and simple and the feeling is quieter. I like that each year poses a new life, attracting different possibilities. I do not want to miss one sight or one experience, so I encourage the current aspects of life that can bring me the current message of truth, hope and love.

The Temple

When you come to the Earth whatever path you choose *can* be joyous for it is your choice. The work you decide to do and the way you decide to live should also be according to your choice and desire; nobody else's.

In past eras there were those who wished to devote their lives to God. In every culture some did this; seeing God as the central point of their lives. This human desire is apparent in all races, creeds and cultures.

In some societies individuals who wish to live this way do so in seclusion, often living in the mountains. Others take care of their earthly needs while they live a life of prayer and meditation; trying to control the mind and body at the same time.

In organised religion people with this common desire band together. They live in convents. They live in monasteries. They live in groups to help each other achieve the same purpose;

prayer and worship of God, while trying to control the mind and body at the same time.

This way of life is changing. National boundaries are less restrictive because of travel. Cultures and races cross borders bringing their ideas and their ways with them. Countries are becoming a melting pot of different cultures and ideas.

You are born into the western civilisation, destined to live a life that has a fast pace. Even leisure is busy. Physical activity is less and mental activity reigns supreme. A busy lifestyle makes it difficult to turn off thoughts, sit reflectively and relate to matters concerning divinity.

In this busy world how does one who wishes to live according to greater or higher ideals live?

How does one achieve activity based on prayer and worship of a greater being?

In this age you are living in you can centre everything you do in your home. Here you can create a sanctuary. The home can become the new temple for prayer and worship in this age of a busy life. This temple can be a place where your heart can connect with the greater life.

Here we can come. Here we can worship together. Here can be the Temple of Spirit and Man; a place of peace where our hearts can join and our spirits meld; a place where we can help each other in our progress and joyful journeys.

Here you can receive strength. Your heart can expand. Your spirit light can emanate. Your love can grow. Here you can accept the joy we bring you so you can take it to the outside world.

You have a joyous life and this is a privilege. Continue to find joy in every little thing. The simple things in life bring happiness and the light of the spirit flourishes in happiness. Together we can work and achieve whatever needs to be

achieved. We can devote our lives to a greater will enhanced by our moments in our temple.

People come and people go. For the time they are with you, through them we are with you. Through them we are caring for you, speaking with you and loving you. When it is time for them to depart we bring others to you so you are not alone. In this way we are with you for the rest of your days as together we serve the human spirit.

I prefer to associate with what greater and noble beings from the greater life offer than associate with some alternatives that exist upon Earth; alternatives I know are here, but do not want as part of my consciousness. I choose what I am aware of. I choose what does not exist for me. I choose what to see, all else placed behind a veil.

I only want contact with what emanates from smiles, generosity of spirit and gentle demeanours. When I must learn something about what I do not normally choose to see it becomes visible or is brought to my attention, and I must focus.

Can we be in harmony with great and noble beings from beyond? When we long for all that is good to become apparent upon Earth can we become conduits of this Magnificence, reaching into its light, relaying it to where it needs to go?

We are having a beautiful Indian summer. Everyone smiles and is well. If our sun can do this to us imagine what the greater light of goodness can do.

The *diamond* is the hardest material in nature. Made from carbon it has the greatest ability to reflect. The diamond is often described as having an inner fire.

Conduits of the Magnificence

How the Earth is troubled. When the Earth is troubled the human family is troubled. I am here to help; to aid the troubled world in a specific way.

He Who Has Eyes like Diamonds is a great Lord of the Universe. The Falcon and the Magnificence work under his auspices. Conduits work under the auspices of the Magnificence. Under the auspices of the Magnificence we help achieve a specific goal working as conduits of light. When trouble approaches we draw in the light from the Magnificence and direct it to areas about to be affected on a large scale.

Through He Who Has Eyes like Diamonds, a light of life, according to the greater will, is gathered by the Falcon from who knows where. As a column wider than the Earth the Falcon brings this light through the oceans of space, like a thunderbolt to Earth. Once it reaches Earth's atmosphere, at that point it disperses around the globe its path forming the shape of a diamond.

After circling round and through the Earth it reaches the low point of the diamond and travels away to where it is directed by He Who Has Eyes like Diamonds.

The Magnificence is an organiser of this light that travels through the material realms, including Earth. He organises where and how this great light can be used to help the Earth and all upon her.

How do Conduits direct the light?

Trained by The Magnificence are those who are as conduits. Imagine an area affected in any way by a natural disaster. Imagine the Conduit, a mighty Lord under the auspices of the Lord of the Planet, seated in the area to be affected with both hands out.

Those above him draw in the light and it radiates down to both hands of the Conduit. This light enters through his hands then travels through him deep into the Earth where it is required. Several lesser conduits, working together, are placed in a particular pattern over the globe, which may be as a diamond. The light, directed to them and through them, centres deep into the Earth. This is a simplified portrayal of how spirit brings a particular healing light to Earth.

I am privileged and honoured that I can work as a lesser conduit of The Magnificence with such a healing light. I cannot use any word other than light to describe the magnificence of what radiates through the mansions of the greater life.

At all times we choose. We choose our thoughts. We choose our actions. We choose our people. How these choices are made is unclear because it is as though the opportunities for some choices are predestined; the country we live in; the available work that suits our temperament; the people we can meet. Other choices we make reflect our attitudes in life. Do we want to gain a position of power? Do we want to own a house? Do we want a settled lifestyle? Do we crave excitement?

It is natural for us to strive to improve our lives. This striving can incorporate the bigger picture because our spiritual desires translate into what we desire to do on Earth. The result is dependant upon the purity of our desires. The desire to reach our spiritual home can transpose into the desire for a tranquil, earthly home.

I have strong ties with two worlds and when I cannot make the link with spiritual worlds I am bereft. I may be on Earth because at one time I wanted to remain attached to it, and so now I am, until I no longer wish to be. I choose that time now. I want to travel a road that that leads away from Earth life.

This is your choice. This is self determination. You can ultimately be anywhere and the desire of your heart determines the direction.

Bridging Two Worlds

When the link is broken the horizon is grey. The light is gone and the vista is as badlands, stretching across the horizon**,** the way full of boulders and stones. The teachers are gone and I am alone. The link is cut and I am sad. With sorrowing hearts the teachers wait, beyond this vista, for I am the commander.

My thoughts are powerful and determine the direction of my journey; either alone, in the dark moving slowly through the grey or accompanied through the light looking towards an everlasting Golden Dawn.

The teachers are not here and I am sad. I never realised the power of my thinking; that it can command from its humble position such illustrious presence. This is a picture of how I direct my journey. I watch my thoughts. The link is broken because my heart is angry but I cannot dismiss these feelings that are prompted by events in life.

You are responsible for whom you talk with, whom you feel with and whom you think with. This is a lesson in free will. Events do not just happen to you. Your heart draws them towards you, either slowly or quickly according to its beat. Your heart is the director of your mind. Your mind is its student and as a student it follows but the heart directs.

I have now seen my angry heart. I have now experienced how my daily life was mapped in the precious night by the truth of my heart.

I ask myself,

If the yearning and desire of my heart is the director and invokes through its desires, how may it be advised?

In less than a moment and with the sound of thunder, across the horizon hurtles a golden globe with rings around it. It is Saturn, the great teacher of the heart. I had forgotten I lived upon the planet of Earth and was subject to its laws. For now it is my primary place of residence and I must participate fully in all it offers. What it offers is directed by Saturn; Father Time exhibiting the wise and noble stature of a seasoned administrator; a seasoned professor.

Saturn is a cold teacher. He directs according to the needs of the student. Should he see a glimmer of anger in a loving heart he extracts it for its presence inhibits the growth that should result from each experience. The rings of Saturn enable the turning to keep the professor from being touched by the subject or life through which he rolls. He is impervious. He is distant from the events he sets in motion.

I acknowledge the presence of Saturn for he rolls through my life, giving me all he finds necessary to expose the dark corners of my heart. Now I dread his arrival once more.

Anger of the heart is arrogance. It reveals a desire to rule events, both in life upon Earth and in spiritual attachments. The lesson here is unusual, for it indicates a lesson of the spirit that continues with a passing.

When the teachers depart, taking the Golden Dawn with them, all that is left is the knowledge, understanding and growth that have been accumulated throughout the time of their presence. A spiritual desert, when life feels arid, is more difficult to live thorough than a desert in earthly life.

Growth from this time of the grey dawn brings a new partnership. I meet my love in the centre of the bridge between two worlds. I no longer call through sorrow that tries to force an attachment because when the vibration of love encircles two worlds there is no sorrow. There is no greyness. There is only the Golden Dawn.

Saturn rolls through two lives. He makes the cut. He creates the separation. In less than a second Saturn completes his journey and the division is absolute.

Without expectation and without inspiration I walk to the centre of the bridge. My beloved walks towards me. We stand holding hands looking over the horizon and wait to once more see the Golden Dawn that heralds the arrival of our teachers. These teachers from spirit are wise. Their teachings come on a vibration of love that is only available when freely offered. This love draws us to the bridge so we may decide how to put love that spans two worlds to the best use.

The dawn that was grey and filled with boulders was only a dimming of the light from the teachers as they retreated over the horizon to give you this time to connect on a personal level; that you may put aside what was once personal and join your greater selves; working in partnership as one. It is a big step for two to become as one. It is the step that brings no desire, no idea, just the yearning to follow the will of the greater life.

Whatever is the best way forward is the way we will go. A personal life means nothing with this new step. Another rung of the ladder is achieved. A new vista spreads out before me and I am reborn. What is ahead I do not know.

Love will take you by the hand and guide you. The golden light within shall emerge and joy shall arrive.

I have mourned the passing of a way of life. I have mourned the passing of love.

But you have arrived at the centre of the bridge and are once more standing with your beloved who is holding your hand. You shall walk this new experience of life together for you are privileged to be able to bridge two worlds.

I have been so fearful of the passing since he went, even though I had no fear of it during near death experiences. Am I addressing the fear others have rather than my own?

He comes with the teachers and their combined presence is reassuring. I find the courage to ask about his passing from one world to the other. The response is a mixture of his words and the words of the teachers.

The Passing

Those who have flown in an aeroplane above the clouds understand their texture when they gaze from above. The clouds are as though a featherdown mattress, all-encompassing and comforting to lie on.

For those who pass with awareness the passing is like being lifted on a cloud with such gentleness that motion is not apparent. For those who pass suddenly it is like waking in the morning from a good night's sleep. Each morning as you wake, one minute you are in a dream world that seems real, for less than a second you hover between two worlds with a memory of the dream world then finally you awaken to full awareness of the life you know upon Earth.

Passing suddenly is waking from a sleep in one world to full awareness in another. By saying another world this implies a

strange place and this is what fills people with fear. Saying *another world* is really indicating that there are many worlds familiar to the one who is passing. He is returning to another world where he has been before. He is returning home just as he returns home in his car after a journey when he turns into his driveway.

There are those who are fearful of the passing and resist for whatever reason is apparent within their minds and their lives. They hover backwards and forwards, trying to remain on the world of Earth that is their most familiar world. They do not want to leave what they have or who they are upon Earth for they know they can take nothing with them except what is in their hearts and minds. Maybe what is in their hearts and minds from the years of experiences upon Earth is not something they wish to travel with them, but this will be so for what is within dictates the direction of their journey.

The arrival of death seems strange to those uneducated in its ways. Death is seen as a sceptre before every man and woman upon Earth. It is a future certainty they know nothing about. It represents a journey to an unknown place so they do not want to make the journey.

There is nothing to be afraid of because at night when you go to sleep you practise the journey you do not want to make. At night you pass into some world and reconnect with those you know. When you go to sleep, one minute you're in one world, the next minute you are in another world. All is natural because all life is natural. If it were not you would not have to do it. When you are unconscious to the world you are in now the world does not disappear. Upon your return you reconnect with the world you have left. You pick up your life and continue.

I am giving you a picture of how life continues as you alternate living between two realms; travelling backwards and forwards, waking and sleeping, making short journeys to new

places and longer journeys to familiar places. While you are living on Earth there are people with whom you share your life in another world, in another realm, in another life.

You are not alone anywhere. When you live upon Earth, not only can you have fear of death but also fear of being alone, unloved and uncared for. In the lighter worlds you never feel alone for you are living according to your real nature; living with greater depth than you are able to upon Earth.

Upon Earth you visit family and friends. They welcome you for they are glad to see you. With the passing you are going to family and friends. They welcome you for they are glad to see you.

Whatever way you pass, you are greeted by the person you care about most; the person you love most, the person with whom you are most familiar. You do not arrive alone in a lonely, darkened world. Someone you know and love greets you.

You arrive as if into a huge corridor that is like an enormous foyer. As though on a soft and gentle cloud, you are transported into this corridor that is not too bright and not too dark. It is like being inside a cloud that is a translucent mist; the Mists of Avalon through which radiating light glows. The one you wish to be with most greets you.

With a speedy passing you are disorientated. Those who greet you explain where you are and why you are there. Some people need to rest for it can be a shock that the world they lived in so familiarly, the world of Earth, has become distant, perceived as though looking through a telescope when you hold the magnified end to your eye.

Upon arrival, in a confused state you look around for the familiarity of Earth. It is within your awareness but far into the distance, out of sight. You are comforted with love,

explanation or whatever you require. The great emphasis is; *you are not alone*.

Those who take their own lives, wanting to end it all, are very confused on the passing when they realise they are still alive but disconnected to physical life. They are greeted by a loved one, a helper or someone who is familiar; someone who can explain to them that although they thought they were ending their lives they were not. This realisation can be a stupefying shock and they may need time to come to terms with it.

Those who believed that life ends with Earth life cannot always face the truth. Upon arrival and explanation, they shut their eyes. They do not want to see or think about the philosophy of a continuing life. It is a great source of unhappiness for them. They never found happiness and fulfilment upon Earth and so did not wish to continue living; but they do.

They sleep, rest and take their time. They are taken care of. When they are calm and accepting everything is explained. It is as though they are ill and staying in bed in hospital for a period of time; sleeping and waking. When you don't like what you wake to you go back to sleep. Eventually they surface to their new reality.

The next stage of the journey after the passing is orientation. Metaphorically speaking you are taken by the hand and given a detailed explanation of what to expect in this world; so new yet so familiar. There are many meetings and discussions on the subject of the work you wish to do, on reflection of the life you have led upon Earth and on reflection of all life experiences within your soul's memory.

As at the end of any journey upon Earth when it is long or traumatic, the first thing you wish to do is cleanse yourself with water. You wish to refresh yourself. You wish to relax your mind. When you travel across the world to a country you have

not been to before, or not for a long time, you need time to orientate yourself. Before you can do so you refresh your body both inside and out with washing and drinks of water.

In the spirit world, upon the passing, the same process takes place. It is as though you are bathing in a lake of the purest water that washes over you, in you and through you; cleansing you of all that is not applicable to the place you are in at this time.

When you go to a new country you wash away all that belongs to your home which you put out of your mind so you can see and comprehend what is happening in this new land you are to live in for a time. Your homeland fades in importance. This is so with the passing. The cloak of the particular realm you have come to is freshened. The soul is cleansed and your spirit is re-awakened to become apparent.

The next stage is reflection. In a great hall, with your teachers, you reflect on your life. You look at what you had hoped to achieve, what you did achieve and what you did not. At this stage you are still not out in the greater world. For the time of orientation, cleansing and reflecting it as though you are in a place of retreat. During this time, because of your thoughts and concerns and your returned memory, as you gain your wings you hover between two worlds for you have left loved ones behind.

You want to be with them through their agony in which you share. With a fully restored memory you remember what it is like when you are left behind and your loved one passes before you. You want to do everything you can to lessen the pain and fill the void you are so aware of.

You ask, *Why does it have to be like this?*

We are as children in the greater worlds. When we grow up we take responsibility; which love is. It is difficult to take a step when those you love are not on the same rung of the ladder all

through life. There is a constant parting and coming together between those who love. This is not only between worlds, but can be so even during shared lives on the same world.

Everything happens the same way in every world to a greater or lesser degree. As you grow together you stay longer together. When your growth takes a new direction you part for a time, not forever, but for a time. I can only say that love and responsibility together keep the chords that connect people to each other strongly oiled. From where I am the connection, the roadway, the chord can be widened with love. This fills the void and dispels the agony.

Work and love go hand in hand. Your connection between the world of Earth and the world of spirit remains while there is anyone upon Earth whom you love or know. It is not until the last person you have a connection with or have influenced with any word or action, through any number of generations, has left Earth forever, that your connection with Earth lessens. It is not cut. It is less strong. This process takes a long time for there are many connections to the world of Earth and to other worlds that keep us busy.

Cleansing, orientation and reflection continue for as long as is necessary. It is like going back to school to learn what is needed for this new life.

A heart is an open book. It has no secrets. Upon Earth the heart provides through its yearning and desire. This world is no different. My heart is speaking to you even though I cannot tell you everything. I can say that you have nothing to fear.

While you are living upon Earth you are building the world you are going to upon the passing. Because of this and because of your short journeys during sleep, the world you pass to is familiar as are the people there. They are the people your heart wishes to be with. They are the places where your heart wishes to be.

I can only share my heartbeat with you as you share yours. I will share every step of your journey on the road you build but my presence will not be invasive. I want you to continue a life of independence; independence from me, from my world and from everyone in the world of Earth. This is no different from what I wanted for you when I was on Earth. Although my presence becomes non-invasive and non-emotional always remember this feeling of a shared heartbeat and you will know I am not far away.

Do not worry that anything you have done upon Earth at any time in your life will keep you from a place of love and those who love you. Nothing you have done on Earth has been wrong. There is no spiritual law you have broken so have no concern. Do not be fearful of retribution. It is not forthcoming.

Thank you for this work that is joyous. It is our legacy as much as what we did together upon Earth. You will feel fulfilled for you are doing what you came to Earth to do. When you have completed it you will no longer fear the passing which I have tried to describe as best I can.

I leave you with this thought.

The view is magnificent. The light is magnificent. The worlds are magnificent. Life is magnificent and we work for the Magnificence.

I hear the sound of spirit voices as often as I hear human voices. I acknowledge that this is probably a strange way to live but as I think we should not take ourselves too seriously I find the humour in it.

Our daily lives are all we have. Its experiences build who we are, so better to find fun in everything we do. Better to act with good intention than react to all that comes our way.

The more I miss him, the more I look for humour in everything. No doubt he is nudging me to be like this because

he and I always found fun in everything we did. Together we turned life into a game. Then, as now, our interests were serious so humour in all else was needed. I still think we should always laugh at ourselves.

Progress of the Soul

Let us tell a story to illustrate the formation of and the reason for having an immortal soul. Let us tell a story of a small group of spiritual sparks of life that begin the journey together under the protective eye of a glorious guardian. Let us tell a story that shows the need for a spiritual family.

It is hard to imagine a vast expanse that is greater than what you cannot perceive. A vast expanse is beyond comprehension as much as is the concept of God or the Great Spirit. Life as we know it is a spiritual life. It adopts many forms to enable travel through this vast expanse that is filled with who knows what.

The hand of creation stretches out and life is formed, emanating through the vast expanse. The closer any consciousness, light or life is to the source the greater and more inconceivable it is. Through infinity, into the far reaches the light of life is travelling, comprehended by us as a tiny spark of life on a tiny planet.

We are the human race belonging to the family of the human spirit. We begin our journey to consciousness as sparks of spirit light. We are not great and glorious beings near the source of life. We are tiny sparks of a great and wondrous magnificence of life.

The spark of light that is each of us has a great adventure ahead because it has no conscious awareness of capability. The conscious awareness of future possibilities starts with

the first experience that triggers awareness. This leads to the possibility of some greater fulfilment of destiny.

As sparks of life we begin an incredible journey as a group. A noble presence takes us under his wing and begins to teach us of what lies ahead. This great and noble presence of such stature is as a god to us for we are fledglings. To us he is all wise and all knowing.

Each of us is gently nurtured into a glow that reaches further afield. We are given apparel that allows us entry to various worlds that are to provide experiences that lead to knowledge. The apparel we are each given is a soul. Our guardian who nurtures the first steps of our journey shows us how to wear this apparel and explains its function.

We are so innocent and so eager to don the apparel. Together we make our way to our first place of experience. Still attached to each other by our lights we enter a new world to begin our travels. Upon returning from our first learning we realise we have grown for we have an awareness we did not have when we first embarked on this first stage.

Similar experiences are repeated many times. Each time we return to our Guardian of Light to discuss what we experienced and learnt, we realise we are growing and expanding. We are building memories.

Great and glorious Beings, wise, knowledgeable and with glowing countenance are protectors and advisers for all life below them on the rungs of the ladder of progress. Under their strict and loving gaze eventually we ask questions.

Why do we wear this apparel which changes in colour and texture with every experience we have, no matter the world? Our guardian explains with simplicity.

You wear this apparel so you may recognise each other. This apparel is your soul. It is the sum total of all the places you have visited. It is made of the essence of what you are, the

vast expanse you travel through and the worlds you inhabit for a time. It is a vehicle of travel for you.

Your soul enables you to recognise each other for you need each other to share your learning experiences. You need each other to expand and grow.

At certain stages in your journey of learning you are asked about what you have learnt and what you want to do.

According to your answer you are given the opportunity to do so. Wherever you need to go you have companions with you to help in whatever you need to do to fulfil your goals.

The road from unconscious light to ennobled fulfilment of dormant potential is a long journey. The blazing forest fire begins with one spark. The speed of a forest fire begins with one small jump of a spark to the first dry leaf. A forest fire can consume and destroy all within its path but it has the ability to burn what is not needed and leave behind what is pure.

This is a cleansing function that allows new and stronger seeds to grow. Like the Phoenix, these seeds burst out from the devastation that is left by the path of the fire.

At some stage on the journey you see that you have turned and changed direction for you have grown enough to choose your direction. Once you have realised the experiences of your desire you turn to me and ask, "What do I need to do?"

At that time I point you in the direction home. You retrace your steps. Like a blazing fire you travel the long path back towards the hand of creation which first radiated the light that became you. As you travel the return journey your soul expands and fills with greater more immense aspects of the vast expanse. It carries the light of who you are, your spirit, at great speed to your destination.

At some stage on this return journey the spirit that is you becomes the driver. You are no longer driven by the soul's desire for experience. You seek to return to the pure light of your birth. On the return journey aspects of the soul that are

no longer required return to the vast expanse from whence they came, to conjoin with others and fulfil their task, once more aiding a new spark of life to become a forest fire. In this way the soul is immortal.

The journey is exciting, because the knowledge of life and what can be learnt and gained from it is as great as the vast expanse through which you travel. There is no limit to what can be comprehended but you are accompanied by seasoned travellers who can advise.

We are no different, you and I. We are all servants of the greater life, travelling a vast expanse and wearing the most beautiful materials of the universes as an apparel to travel these oceans. Welcome being driven when necessary by this great, beautiful and immortal soul. Most of all welcome the time when your eternal spirit becomes the driver. At that time thank your soul for providing such a tremendous service and sense of belonging.

Our souls reach out to each other because we are family. We can never forget even one member for we started this journey together and we will end this journey together. Joyously we do everything we can to help each other. The world of Earth is only one step on this journey no matter how many times we visit it.

Love creates us. Love changes us and love shows us the way home. Every step of the way we are accompanied by each other and our guardians of great and noble stature.

When people are young they say they do not want to linger on Earth when the problems of old age and sickness make their unwelcome appearance. They do not want to remain when there is no quality of life; when their bodies are racked with pain and they are dependent upon others.

When they speak in this way they are talking in the time of youth when their soul is making its presence felt. The soul is

immortal so they feel immortal and old age is something a long way away that comes to other people. Their blood runs hot and they are full of life and vigour. They do not think of their body following the laws of nature.

Born of the Earth the body has a limited lifespan and the physical mind knows this. It also knows that the spirit continues to live when the body's lifespan is completed and this makes it angry. Embedded in its consciousness is a strong survival instinct that makes it determined to live as long as possible, even dragging out its days long after the better time for the passing.

The physical and spiritual minds function symbiotically; each with a different focus. We listen to each in the appropriate moment. When death is on the horizon the soul speaks, knowing that the best hour for the passing is arriving. This can be seen in the way people talk a short time before they pass. They settle their affairs and say their goodbyes. A calm acceptance comes over them, sometimes accompanied by sadness and sometimes joy. As physical life diminishes their spirit is on the ascendant and they reach towards those who wait to greet them at the threshold of light.

People swing between wanting to leave before sickness and old age is upon them and wanting to stay. They are torn between two desires as they listen, in turn, to the physical mind and the soul speaking through the heart. Those who shut their ears to the knowing and listen only to their physical minds hang on to physical life, sometimes fighting for every breath.

Part of our preparation for an easier death is learning to listen to the soul that can direct us to our appointments in life with ease; that can help us develop the spiritual side of ourselves that is noble, beautiful and filled with acceptance and courage. When we go through life following what we know is best for us we are following our hearts and each decision

leads to a better way of life. At the approaching time of death, following the heart leads to a good death and this is what we all want.

Etherialisation of the Soul

There is an excitation about the soul because it houses the spirit. The soul is full of everything in life so it can be stimulated to travel in any direction and bring events towards itself to promote the life of the spirit.

The first conscious perception of the spirit comes through the soul built from the etheric substance of the space within which the spirit first moves plus the substance of the place where its first experience occurs. These materials construct the soul and also restrict it to this particular area. This first experience is an important beginning because from this starting point the directions are limitless. We may draw a parallel in the physical world with the world of a growing foetus in the womb.

The spirit is eternal. It emanates from the pure greater life that has always existed. It is an inexperienced tiny spark that can come to fruition as an enlightened flame but it is dependent upon the guidance of the ennobled spirit guardian.

The soul is immortal. The sum total of its parts comes from various sources and eventually they will return to their source. The soul creates a bridge for the spirit to enter various worlds so the soul's make up fluctuates according to its position and evolution of the time.

The soul's journey is an exciting one because it makes possible what the spirit wants to happen. It carries the spirit towards its home or it moves it further away depending upon the ability of the spirit to determine the direction of its journey. As the soul grows in its capacity to absorb and direct it develops its own voice but this voice is subservient to the

voice of the place where it exists at any time, as is the voice of the spirit.

Through each experience or incarnation in any world, the soul stores in its memory all that happens, all that is learnt and the results which determine the spirit's future direction.

Let us look at the soul on an upward journey. Should the experiences create a greater capacity for light and goodness within the spirit, the expansion of the soul will be of the light. Its direction will also be towards the light.

Let us look at the soul that is moving away from the light. This happens when an experience or a life on a world is not filled with service for the greater life. Some interaction with other souls may cause a temporary pause in the directive that was given before the incarnation. Some reaction to the life of the world may cause a pause in the direction towards light. This influences the next experiences the soul draws towards itself.

As the soul becomes more experienced, always doing the activities and work of the spirit, its growth reflects the spirit. When the spirit is active in service of the greater life, helping others expand their light, consciousness and awareness, the soul reflects this as much as the spirit. As the soul expands and becomes more of light all that is dross begins to fall away; redundant.

When the soul moves away from light in another direction, its makeup is more of the dross of the world it is entering and the space it is travelling through.

Etherialisation of the soul is according to its capacity to absorb the light of life, the finer substance of life, as it moves towards the light. The heavier, dross material of more physical worlds is no longer required when the soul is moving into or towards worlds that are of a lighter and finer substance. As the spirit grows, so does the soul.

The final result of the soul's life, as an individual vehicle for the spirit, is for each of its parts to return to from whence it came, for the spirit, through its activity and service, has progressed beyond the need for a soul. It has become pure, conscious light, fully aware of the greater life and the greater light. There are no words to describe this process.

The spirit and the soul have a symbiotic relationship. They work together in harmony. Throughout the progress of the spirit the greatest growth comes from the periods of time where there is the activity for the good of the individual and others.

The world of Earth is a place for activity. It is a place where growth of both the soul and spirit can take place. This is so because the spirit and the soul are strengthened by their resistance to participate in evil acts that are apparent upon Earth.

Anyone who can continue a journey of light amidst places of dark thoughts and dark actions is creating a lamp that can draw others towards it. This lamp lights the way for those in the dark so they may find their way to the path of light once more. This is a path that can lead them away from ways of darkness, to the joy and beauty of the life of the spirit on its return journey home.

This journey is all important. One by one the steps along the way become apparent. Love becomes apparent with each step for it is the constant companion of every soul and spirit making this journey.

I have been seeing blue stars again every day. These beautiful stars tell me that a spirit presence is with me.

Their presence reminds me of the early years of receiving inspiration. At that time I worried about knowing the difference between imagination and inspiration, so I asked the teachers for a sign. They first sent me a sensation in the throat,

similar to when we have strong emotion. As I became more experienced I asked for all physical sensations signaling spiritual contact to be removed. These sensations were replaced with twinkling blue stars.

Blue is the colour of inspiration and corresponds to the throat so this colour is appropriate; a reassurance of loved, inspirational, welcomed company. I see these stars when I am missing him profoundly or am about to receive inspiration.

Stars

We are the stars in your sky.
When you look to the sky and see twinkling stars,
When you look ahead into the distance,
When you look into the sky of your mind,
You are receiving our message.

We are telling you we are here.
We are telling you we can see you.
We are telling you we can talk to you.

We are blue and we twinkle like the stars in the sky.
Our blue is irradiated with iridescent silver and it glows our message to you.
When you cannot see us or sense our presence know our stars are a reminder that we are still here.
At this time you may be busy. You may need rest.
You may need distraction.
You may be feeling unsure.
You may be experiencing difficulties.
We withdraw, but we stand watch with our silent, loving support that remains a constant presence in your life.
Look towards our twinkling blue stars and know,
We are with you.

Special people come to Earth to share their strength and inspire others. They come in a time when what they bring is needed as an encouragement for their generation and those who follow.

Bruce Lee, a Martial Artist from Hong Kong, brought people of all cultures and nationalities together. His expertise was based on the philosophy of the universe, and the grace and power of his movements reflected this truth. What he achieved was the result of talent, opportunity, commitment and hard work; available in some area of life to all human beings.

Throughout his life he fought for the right to express himself truthfully through his art. He taught his martial art to any who had a sincere interest in learning, regardless of their race or colour. He fought his own culture for the right to do so and so broke down cultural and national barriers.

What he represented still exists, continuing to inspire and influence people of all ages, races and nations. He leaves a legacy of strength and a belief in the right of every individual to express the best that is within.

Warrior for Truth

There are men and women upon Earth who are implacable in their search for truth. When you realise, at some stage in your life, that the search for truth is all that is important everything else in your life revolves around this phenomenon.

When the search for truth is wide you discover it in every aspect of life. You discover the path to health. You discover the path to a future that fills your heart; a future that brings a philosophy for living; a future that can be lived according to the truth you discover on your journey. You discover truth about people. You discover the role of the Earth and all that live upon her. You discover the truth about yourself. This is the hardest learning on your journey.

When truth enters your heart it is implacable in its locating and cleansing. It forces everything that is not of truth to vacate the abode. It presents to you every face you have ever shown the world or yourself when you look in the mirror. It forces you to face the dark hour. It is the rod that comes down on your back when you seek to move out of its path. It is the Sword in the Stone that to be wielded has to be earned.

There are many who describe truth as *your truth, my truth*. This is playing court to truth. There is no individual truth for people. Seeing only what appeals at the time is resisting truth's vastness. Truth is. Whether it is believed or accepted, truth is truth.

With the desire for truth, the Path of the Warrior begins. This is a path that requires strength for the mind, soul and body to allow the spirit within to radiate to the very edges of an expanding aura. Travelling this path takes courage because an expanding aura produces a reaction in others who can be blinded by its light, causing you to become invisible to them.

An expanding aura opens a door in the mist causing another veil to be lifted from your eyes but it is a step away from the lives of others.

The Warrior, with his companion, Strength, is carried by the Winged Horse and he forges his life with his implacable striving for truth. When he sees the true face of the world and all who live there, although a deep sadness wells up within him, he does not falter one step in living the truth he discovers. This causes him to be alone for who can communicate with one whose mind comprehends only truth?

The gaze of the Warrior strips away all pretence in the one who stands before him. Although he masks his eyes while he listens when the Sword of Truth swathes in front of the one who stands before him the veil he has placed across his face

to protect others from his naked strength falls away. Those standing before him fall down or run away.

The Warrior for Truth travels alone even when in the company of others. His mind focuses on a different horizon. While walking with others, in whatever direction they choose, he edges his way towards a distant horizon in a manner that others cannot see or appreciate.

Should the Warrior have a true companion his life is fortunate for the duration of the association. Usually he travels alone, except for those who drag at his cloak to prevent him speeding on his way.

Whomever he speaks to, whomever he influences, he does so to cause them to look at the horizon to where he is heading. He strengthens all he meets. He encourages all whom he speaks to. He lifts all above him, raising them on high. He protects all with the power of his words and the strength of his arm. His influence radiates as far as his aura expands. This emanation moves with him wherever he travels, influencing all who come within its radius.

The Warrior for Truth is a light in the world for those who can see and for those who desire truth.

Those who proclaim to others how much knowledge they have, how much they have learnt and what they have achieved do not recognise he who is the Warrior, he who never proclaims for all to hear what he knows or what he can do. He seeks simplicity in his life and uses simplicity in his words, agreeing with all for he is aware that those who speak do so out of a need and he has no need of his own.

The Sword of Truth that the warrior carries is kept in its scabbard under his cloak. Should someone attack an important aspect of the road to truth, without a second thought he wields the sword and cuts down the lies to disable

his speech. His strength that is normally unapparent, in these times is formidable. In the protection of truth the Warrior is not one any man, woman or child would seek to stand against.

There is nothing kind about truth. It can cut the ground from under he who seeks to grasp it, for it can never be held. It is a changing, moving, turning wheel. At the appropriate time the 180° turn of the wheel shows the other side of truth which is seemingly opposite to the first view. Step by step truth is presented. With its presentation comes change that can sweep away the security of closely held beliefs. The known world changes in a moment as the sword makes its swathe through the air, whistling with the strength and speed of its strike.

As the Warrior makes his journey he greets all on his path. Towards the end of his travels, as that distant horizon draws closer, he turns his back on all and crosses the threshold at great speed for his heart has never faltered and the blazing threshold is the culmination of all the truth he has discovered and lived.

He could not do anything differently. He could only be where he needed to be, then in the blink of an eye he is gone.

Before you begin a search for truth strengthen your foundations and plant your feet firmly on the ground for as you progress you will come up against the Warrior. He will show you aspects of truth you are not seeking nor wish to find. He will show you the world through the hearts and minds of others and this picture will change daily. Unless you truly know the world of Earth how can you safely venture beyond?

Dare to be a Warrior for Truth and you can fulfil a destiny greater than you thought was possible. Those who leave the world without doing so regret that they never took the first step to becoming a Warrior for Truth. The price paid for strength is

no price at all. It ensures that each step taken is on firm ground and not one minute in life is wasted.

When I am young I go to a number of funerals but each time I find the burial at the graveside upsetting. In my mature years I visit the grave of my dear friend and cannot believe how distraught I am. I know she is not there but I am still shocked that she is six feet under the surface of the Earth with all that weight upon her.

When you know and love people you know and love what you see, which is the body, as much as you know and love their qualities.

Other people find comfort and acceptance in these places but I cannot. The people I know who have passed are too alive to me to reconcile their death with graveyards and crematoriums. When a friend takes me to the grave of a young girl she knew as I walk through the graveyard with her I am overcome with uncontrollable sobs.

I like the way children view things. When my father dies my grandson is three years old. At church in a loud voice he calls out, '*Pop's in the box'* and we all laugh.

Families can be traumatised about what to do with the ashes of their loved ones so I ask him about his ashes.

Ashes

The passing at first is a little confusing because aspects of who I am relate to different places. I am the sum total of many parts but I have always expressed who I am wherever I go, wherever I am active and wherever I have influence.

I leave my mark everywhere. I leave my mark in the hearts of those I love and those who love me. I leave my mark in the minds of those who hear my words. I leave my mark in my

footsteps on the world I walk in, wherever I am. I leave my mark on everything I touch; the clothes I wear, the car I drive and the places I sit. I leave my mark wherever I go all over whatever world I am in.

I leave my mark in my soul wherever it goes for I have to leave a sign for those who wish to follow my footsteps, that they may see what I have seen, that they may be where I have been, and because of this, that they may understand who I am. I leave my mark in my body, whatever body I have.

The imprint of my soul is indelibly marked in the body I had on Earth. The body of the Earth held my heart so you could recognise me. The body of the Earth held my mind so you could hear my thoughts. The body of Earth held my soul so you could feel my presence.

I no longer need this body but it carries the strongest imprint of who I am. I cannot return it to the Earth so I leave it to those who held me in high esteem to rest it in a place that illustrates who I am. Its memory is in the ashes.

The ashes signify how I lived upon Earth, how I loved upon Earth, how I travelled upon Earth and how I thought and felt while I lived upon Earth. The ashes of my body are a link to my memories; memories of love, memories of appreciation of the world and memories of joy. They are the only memories I seek it to leave upon Earth.

Place my ashes wherever you will but place them where they encourage the memory of one who cared.

What people are not saying thunders through the ethers, not always relating to the words they speak.

Actions speak louder than words.

Charm abounds in this world and I am aware that people can be taken in by good looks, a gentle manner and a kind word. Lonely and vulnerable people need to be on their guard.

When you understand more about the ways of the human being you can read the true intentions of another's heart and not fall prey to the sound of the words you enjoy.

When I am newlywed a vacuum cleaner salesman comes to the door. His handsome face and Irish brogue have me mesmerised and before I know it I have a new vacuum cleaner on overnight trial. Distanced from his magnetic looks and charming personality I realise I do not need another vacuum cleaner. This lesson has remained with me.

We need to hear the intention of the heart more than words that can be spoken so lightly. We pass strangers all the time. Some we smile at and some we ignore. We need to understand what causes our smile and what causes our withdrawal.

Non-Believer

You say you do not believe in any God.
You say you do not believe in religion.
You say you do not believe in the spirit.
You say you do not believe in life after death.

I saw you helping an old lady cross the road.
I saw you sharing your ice cream with your friend.
I saw you gently stroking a puppy.
I saw you talking to lonely people.
I saw you admiring the new baby of a young mother.

When you take flowers home this tells me you believe in love.

When you go out of your way to give a lift to someone carrying a heavy load this tells me you believe in people.
When you notice plants growing and show joy in the sunshine, the rain, the heat and the cold, this tells me you believe in the Earth.

Your actions tell me you believe in life.
Your actions tell me you believe in love.
Your actions tell me you believe in the world.

I watch from afar and always your manner is gentle.
I watch from afar and always your face looks kindly on t i
I watch from afar and always you share what you have; emptying your pocket to give your last coins, so another may receive a treat.

Everything you say and do mirrors who you are.
It is an acknowledgement of one of life's greatest creations.

Because of this you believe in yourself.
Because of this, in my eyes, you are a believer.

But if you are a nonbeliever, I wish all in the world were nonbelievers.

People are not meant to be alone. There are two reasons for their desire to be in the company of others.

Born of the Earth physical bodies are incomplete. They can only continue through generation so seeking to mate ensures survival of the species. People search for a mate to live with. People search for friends to spend time with. They spend a lot of energy ensuring they are not alone. Some relationships are

long lasting. Some fade away, their time over. This is the natural way of Earth life.

Born spirit, of the one life force, the human being seeks reunion with his spiritual family; his companions from the greater life. Far from his spiritual home the spirit of each person seeks to unite with those who are compatible and share his desire for progression in a joint endeavour to return to the place of spiritual birth.

The physical nature finds any contact with other worlds incredible. It chooses etheric and psychic contact that are closest to its own nature so choices are not always wise. The spiritual nature seeks to receive knowledge of spiritual worlds that encourages progression and so seeks to make spiritual contact with evolved beings who can illumine the path of travel.

Spirit Contact

What spirit can people upon Earth relate to, respond to, hear and see?

There can only be one answer. You can relate to, respond to, hear, and see the human spirit because you are a human being. When you ask yourself who you relate to it can only be your own kind but this does not deny the possible presence of other spirit.

Why would you want to contact the spirit world when you live in a world that is beautiful and full of activity in its own right; a world in which you also can lead a life that is full of activity?

It is important to live Earth life as fully as possible. It is of little use for you to make any contact with the spirit world when your goal is to replace Earth life with something else. The cause of spirit should supplement Earth life not replace it. That is escapism.

For many, spirit contact is entertainment. Their egos seek for the voice of spirit to tell them of their noble guide who wants to speak only to and through them. Their egos seek for this noble guide to praise them. They believe all they hear because what they hear is what they want to believe.

When you seek praise there are many earthbound spirits who will praise you for they enjoy the sound of their own voices. They want to invade your mind for this gives them the opportunity to control you and once again live Earth life through you.

What use is a spirit contact that describes some sort of life or tells you how special you are and what wonderful things you are going to achieve? If you want to know how special you are and what you are going to achieve, look back on your life. See what goals you had, what plans you made, how you actioned them, what effort you put into bringing them to fruition and what the result was.

If you actioned these steps to the best of your ability we would agree with such a spirit. We would say you are fulfilled because you know how to live well and fully, expending your effort and energy into worthwhile tasks and maintaining effort until completion is achieved, regardless of difficulties.

What spirit contact is good for the human being?

There are always things to be wary about with spirit contact just as there are always things to be wary about with other people upon Earth. Not everyone can be trusted.

It is important to find out if your heart is reflecting your spirit that gives you the ability to correctly discern the character of another upon Earth. Once you have proved to yourself that you have this ability you can extend it to associations in the spirit world.

Through the desire of your heart you determine what spirit contact you want. You determine what effort you are prepared

to put into achieving this desire. You determine whether you wish to work hard to achieve the highest possible vibration that can bring you contact with evolved teaching spirit.

Unless the spirit you choose to contact is helping you to place your Earth life in a better perspective so you may live it more fully and lose any fear of what life holds for you that spirit contact is of no use. Time spent on spirit contact for the sake of spirit contact holds no advantages for you. Your time and energy are better spent on the life you are leading upon Earth. Should time spent in spirit contact detract from quality time in your life and preclude you from participating fully, it is harming you. It is causing you to yearn for a life that is not yours to have at this time.

Spirit helpers who have your best interests at heart bring you reassurance and spiritual guidance when you ask for help. They seek to comfort you when you are lonely. At the same time they encourage you to find comfort with other human beings upon Earth where you live.

Acceptance of the life you have now is paramount to enjoying its prospects. Study the contrast in the lives of those who work to achieve their passions and goals and those whose only goal is to work as little as possible and be kept by others.

When those who work are tired from their efforts, they are still invigorated by their passion. They are excited that they have the chance to achieve something through their own efforts. When they succeed there is great excitement and celebration and they wish to share their good fortune with others. This can never be for those who do not like to work or put effort into what they do. This is something they can only see from a distance. In their hearts they know they are missing something.

Life is meant to be full of activity and work so it is important to ask yourself,

Why do I want spirit contact?

Evolved teaching spirit does not seek idle chatter. There has to be some purpose to dialogue with them. They are aware of the difficulties in life. Because of their desire to teach, when sincerely asked they give encouragement and support. This encouragement takes the form of increasing your knowledge and so increasing your confidence and belief in yourself. With an increase in confidence you are able to recognise opportunities in life and participate fully in all life offers. They teach you to become more aware of others and when they need support, encouragement, time or companionship to prevent their inner loneliness overwhelming them.

We know that when we contact spirit that is higher and nobler, more knowledgeable and of more light than us, we are honoured to receive such contact. We consider ourselves fortunate when they share their knowledge with us so we may improve ourselves and work with greater integrity.

We gather around waiting to share what each of us has with you. We are your friends. We are your teachers. We are your pupils. We have lived upon Earth and will do so again. We have lived upon Earth and will never return. We have lived upon Earth and will return so we may help those who reach a certain stage in their learning take a giant leap in a new direction. We are here because this is how we serve. We serve our family upon Earth by giving them encouragement, knowledge and support.

The voice of spirit has been denigrated for quite some time with trivialities. Let our voice have purpose. Let our voice convey love, not by words alone, but by the changes our love brings, for love is action.

It is not love to sit quietly by and do nothing while someone walks away from the safety of the light. Love takes action. It seeks to keep loved ones safe in times of trouble by encouraging them to take independent steps. We do not seek dependency. Dependency upon spirit is as inhibiting as dependency upon another human being on Earth. Dependency prevents a light from coming to full brilliance.

The greatest gift anyone can ever receive from another upon Earth or in spirit is the gift of truth. Truth shows how to bring the sons and daughters of Earth to full light. When they are full light their presence can only achieve what is good.

There are dark ways upon Earth that are increased by human beings who are influenced by spirits who enjoy the life of dark ways. Discernment in spirit contact is important for your safety. Love from the evolved teaching spirit and spirit helpers shows you a way that may not be easy, but is safe.

We rejoice when two worlds meet for we all have a long way to go. We rejoice when students from two worlds meet. We rejoice when teachers from two worlds meet. When we can we all help each other with guidance that inspires strength, independence, discernment and decisiveness.

We are all on a great and wonderful journey that is full of variation and activity. We are all on a journey that is full of love, expressed through the activity of giving, giving, giving.

Every day people lose loved ones and are adrift, struggling to find their direction in life again. How do they cope when they cannot communicate with those they love? My heart goes out to them because their sorrow is overwhelming. They do still hear their loved ones who are feeding their minds with beautiful thoughts and memories. They just do not realise this is so.

Everyone receives guidance throughout their lives and it is easier to hear encouragement and guidance from those we

know and love. We do not lose them when they pass. They often take on the role of guidance and protection because their qualities of love become greater, more encompassing and more magnificent with their passing.

We can hear the guidance from those who care for us more easily as it arrives on a thought or a memory. The accompanying love carries an instruction for our hearts to do something or be somewhere that promotes a moment of happiness. These beautiful intentions create a desire in us to live fully again. When we do those who love us rejoice.

Never lose Faith – Guidance 11

You can never live completely in the past. You can never live completely in the present. You can never live completely in the future. Your past provides your comfort. Your present is constructing your future and you are encompassed by all three.

We are your past but we are also your future. It is only this time of the present, because your memories are no longer apparent, that your spirit seems to stand alone, yet it does not. All your memories will return at the appropriate time. In times of trouble memories of the past become stronger than the new memories you are creating in your present.

Never lose faith in us. Never lose faith in the past. Never lose faith in the future. We support and encourage you through your present but we cannot participate in it with you. We only watch and love. We never lead you down a path or encourage you to do anything that is not the greatest choice available to promote the beauty that is you.

I am turning cartwheels when you do what you do. When you become sad you cannot work and I have to sit and watch. Never lose faith in me. Never lose faith for we are doing this together.

Write our story because in your present, writing is your life. Do not be concerned about the world or anyone in it. Buy everything you need because this is what money is for. Stop worrying and do not be cautious because it makes you afraid. Listen to your heart and it will tell you how to write our story.

The teachers know what I need to hear and their words cut to the heart like a knife.

Life without Him

To ensure growth and progression there are certain stages in life that cannot be circumvented. A child grows and becomes an adult.

For this to happen as it should, a child has to learn responsibility and be prepared for an independent life. He is then capable of supporting himself and others.

The child must learn how to stand on his own two feet. He must learn how to give and receive without becoming dependent upon what is given and received. To reach maturity and independence he cannot remain with his parents. As a capable young adult he must leave the nest and build his own.

You met him at an age when you had achieved maturity, when you had achieved successes and failures and when you had achieved independence. The relationship you and he had, promoted the continuation of independence parallel with the emotional bonding that took place. Time spent together produced a greater ability to achieve more of everything you are capable of. This contributed to growth in every area of your life. You achieved the confidence you needed.

Independence has been a constant theme throughout your life because it is important to you. It is important for you to bring to fruition any work you choose to create, build and produce.

With independence you have to recover by yourself when there is a challenge in life. You have to continue by yourself. To do this you have to have strength, so strength accompanies independence. Strength gives you perseverance. Independence gives you opportunity. Being encumbrance free gives you time and so independence generates time.

Your mind has been trained through the philosophy of Tai Chi Chuen to work in conjunction with your eyes and hands. You have received knowledge of the path to good health. This contributes to independence, time, strength and perseverance, all necessary to initiate any work and bring it to fruition.

The Ely life does not allow for a personal life. Although you do not know the outcome of what you have chosen to do, you are doing it to the best of your ability, through all manner of emotions, seeing no impediments in your way. This is your life without him; achieving what you wish to achieve.

You are both capable of following the path of evolvement that necessitates one partner in the world of spirit inspiring and one on the world of Earth actioning. Much can be achieved on this path. Be proud. Be proud of him and be proud of yourself. Achieve what you wish to achieve and appreciate an inner life that is made possible through a bond of love that crosses two worlds.

Change is inevitable. Certain stages of life are inevitable. Look back on the pattern of your life. You will see that you have learned each stage earlier than many people. Pick yourself up. Dust yourself off, initiate humour and get on with the job. Let your heart be your commander. Conduct the performance.

Dispel hesitancy. Dispel self-pity. Dispel unwarranted emotion. Recognise emotions when they arrive at your doorstep and choose which may enter. Should you do so at this stage you will bring a new strength to the teachings, complemented by the strength you receive from him. Your

partnership is not yet solidified because of your hesitancy. Take control. Innovate.

Welcome the soothing words he offers you. Let their love encompass you and wash over you like a wave. Let them meld into the essence of who you are. Let two be as one. You have this opportunity. Take it with joy and laughter. No more grieving. No more tears. Acceptance of a harsh reality cannot be avoided. Better to accept now so the strength your partnership can show in the teachings.

The phone rings while I am out walking. When I answer I hear his voice. In shock I stutter and stammer, trying to respond but all I want to do is listen to the voice; the words unimportant.

A patient is trying to make an appointment. When he comes for treatment and tries to make sense of our phone call I tell him I was eating and choking when I answered the phone. I am grateful to have finally learnt the art of lying. In some circumstances it is a useful tool.

One night when I am trying to sleep I again hear the timbre of his voice. This phone call has re-created and strengthened the memory of his voice. I can recall the timbre of his voice more frequently because it has become locked strongly in my memory.

Reflection

Movement is life. Without movement there is no life. Life is constantly changing because everyone who has life is constantly changing. Our light vibrations create fluctuations that allow us to move between worlds as we need to.

My coming and going reflects on your mind. Accept my assurance that wherever I am, wherever I go and whatever I do, the link between us remains as strong and unbroken as it has ever been, is now, or will be.

Reflection of where I am filters through to you. When I am serious and hard-working you feel this sensation of who I am. When I am happy and comical you absorb this sensation. Underlying all this, I only want to bring you the joy of my life because the joy of my life includes the joy of your participation in it. This is the reflection I want you to grasp.

I think from now on this can be so. When you are able to receive this joy your certainty in your work increases. I want you strong, self-confident and in control of your own destiny. Know that you can achieve all you want to achieve. The life of uncertainty is over for you. I am showing you each step so you do not falter. You will not fall for I am holding your hand and walking with you down the path you wish to travel.

Our goals remain the same. We are continuing to spread knowledge of life that can promote human happiness and progression. We do this in a small way but it is what we can do and we continue to do it together so the Teachings from Spirit can serve their purpose.

Do not rely on your emotions. Rely on your certainty. Rely on your knowing. Rely on love. What you feel and what you do not feel do not always reflect what is. The constancy of our love for each other, for our spiritual family and for all human beings upon Earth and in the world of spirit is what is.

Radiate your beautiful smile and watch as all around you relax in peace.

On a warm breath these words are whispered in my ear and I can walk through the world wearing a smile again. I can see the rainbow reflected in the drops of rain and sense the promise of warmth from the rays of the sun.

Hope

I have lent you my heart and I have painted your smile. I have walked with you through the Earth when your years were

tender. I have supported your falls when in your early years you became observant of the lessons all men and women face.

I have held your arm and guided you through the quicksand. I have entered your corridors of learning and whispered in your ear that you might hurry through their portals and walk through the world with freedom.

I whisper in the wind that it may carry my words wherever you are and like a good and faithful servant you place them where they may best be served.

There are many in the world who cannot find an answer to their prayers for the world at this time has lost hope. With all the talk of love people have forgotten the importance of hope so I give you hope to pass to the people.

Hope wears a crown of simplicity. Hope wears a plain cloak, wide enough to encompass any who seek shelter from the storm. In all seasons I remain for whatever the season hope is eternal.

Whatever you achieve or help others to achieve, through hope, more can be done. There is never an end to hope. That is its beauty.

The star that shines in the sky is a symbol of hope. It is a symbol of a destination for those who look towards its light. No matter what world you live upon there is a star that can guide you. I am this star and I am called *Hope*.

I long to feel the strength of his arms around me even though at times I can sense they are. In these moments I can see his hands as they hold mine and we dance around the room to music, looking at each other and laughing. In these moments of need someone always knocks on my door and I am smiled at and hugged. For a moment I am safe. For a moment I am protected. For a moment I am loved.

Another

Another can be your water, not your fire.
Another can be your wrist, not your activity.
Another can be your solace, not your drive.

Let another comfort you for me.
Let another nourish you for me.
Let another hold you for me.
Let another speak the essence of my words.
In this way I continue to love you.

Life is full of symbology. It is one way we learn. Shapes influence us. They can inspire strong emotion. Some give us comfort. Some cause our withdrawal.

All shapes are in nature. The size, shape and colour of plants are their signatures and we reflect these shapes of nature in our lives, using them in the same way nature does. We feel the impact of shapes in buildings, rooms, materials, clothing and dinnerware. They contribute to our ambience, comfort and appetite.

Signatures

The Man with the Long White Beard could be called Neptune. He could be called Father Time. He could be called Jupiter, Zeus or other figures from ancient mythology. His appearance is a signature of what he represents.

What does he represent?

His presence commands reverence, respect and wisdom though he does not speak. He raises his hand and points us in a direction and what is sent from his forefinger produces a result in our lives.

At present people live in a youth culture that has no reverence for knowledge achieved through experience. Their

lives are focused on the mundane so they are building no stories that go beyond this.

People do not want to hear the stories of older generations. They do not want to hear the stories of past times so for them the stories of life remain untold. Without these stories how can they move forward? The stories explain life on a level beyond the mundane.

The Man with Long White Beard has never lost any part of what has made him what he is. He keeps his hair. His skin is smooth. His eyes are clear even though his age is upon him. He represents all that can be achieved on the march through time. Because of this the Man with the Long White Beard is representative of learning achieved throughout the ages upon the physical planes of matter.

Have your visions. Have your vision of the Man with the Long White Beard. It tells you how much knowledge from time you are able to absorb and grow from. This vision is a gift; a signature that can be applied to your life. Ask for your vision if you have not had it. What you receive tells you what you have learnt and what you can learn.

On the Earth there are many signatures of life. The most apparent signatures are in the plant kingdom, the shape, texture and parts speaking of their use for the human being.

There are signatures within the human being. The shape, texture and colour of the various parts of the body speak of their function in life and the way you use them.

There are signatures upon Earth that tell the story of the history of the Earth. Some are partly explained in geology and other sciences but none can tell what happened in the lives of the people at that time. The people's stories are written in light and it emanates from objects they touched. They hold memories that can contribute to the lives of all who live upon Earth today.

How can you tune into the signatures of life?

You do so through memory. Whatever interests you, whatever you seek to know about is recall from another time and another place. Recall contributes to maturity. In early years upon Earth much of what you experience is due to recall. This ensures that what you comprehend becomes part of your journey towards the Man with the Long White Beard.

Recall is played out in short episodes in early life. Recall and replay contribute to new experiences that follow in maturity. They are your cornerstone which is the most important stone in any construction. They are the cornerstone to the construction of your present life as a human being upon Earth today.

The greater life is aware of every aspect of life and the smallest detail is planned to ensure that each new entry to the world of Earth has every possible resource available. Coming to a new world and to new people would make Earth a fearful place without recall and memory available to give comfort, security and a sense of belonging. What has or has not been learnt is guided by the experience of the Man with the Long White Beard.

To find the signatures in life become observant for they are everywhere. In everything you do each day observe every nuance of what happens to you and around you. You cannot experience everything in one life upon Earth but you can experience what you planned.

You have been given your character and personality to enable your plans to come to fruition. There is no need to reinvent yourself to become like another person you admire. Who you are and the skills you have are what you need so you can walk gently through life and contribute with your presence.

Imagine an old lady sitting at her window. She is so lonely. She has no one to talk to; no companions and no visitors.

Every day she looks out her window and waits for you to walk past her house. You are unaware of her presence. You are unaware of her thoughts and her needs.

You are unaware that your presence, for the period of time it takes to pass through her vision, is a comfort to her as much as if you were a close and dear friend. This is so because you have become familiar. Familiarity brings courage and gives strength especially to those who are alone, sick and tired. You think the walk you take is for yourself. You are unaware of how it contributes to the lives of those you pass, both seen and unseen.

When walking, ensure that your facial expression is kind and your thoughts are gentle. You then contribute profoundly in some way to the happiness and safety of others. You are leaving your mark upon Earth for others to follow.

When others live in the house you have been happy in or walk the streets you enjoyed walking the memory of your presence becomes known to them. This memory is not that of your personality but your presence of love and laughter, for that is how you walked along the way.

Every moment of every day, in every situation, whether alone or in company, ensure that your facial expression is gentle, your body language is calm and your thoughts are kind. These things are your signature and they radiate out to all, even those who are unaware of their own signature of light.

Only we can know our destiny. Our goals show the way to achieve it. Through them we discover purpose. We develop an appreciation of joyful pursuit. We discover courage when we face opposition. We attain confidence when we make our goals our reality.

Youth quickly becomes maturity. The opportunities of youth can only be grasped in the time of youth. Although greater freedom comes with later years, when the desire to follow a dream is not actuated in youth, confidence diminishes or expires so goals and dreams do not become reality in later life.

When we recognise the timing of opportunities that are ours to grasp, doors open in extraordinary ways. All that is new approaches. New events and new people come into our lives. Participants on the previous part of our journey depart, leaving the path clear for those who are to approach and follow the way with us for a time. These opportunities for change are welcomed by some and avoided by others.

I welcome opportunities for change. With changing objectives, teaching eases seamlessly into Tai Chi Chuen. Tai Chi Chuen eases seamlessly into treatment and now treatment is easing seamlessly into writing. I do not seek to make these changes. They come about naturally; the result of an inner knowing that these are the things I want to do at this time.

We all have this inner knowing but it does not always fit in with our constructed plan for life. Change will always continue to approach even when we least desire its visit. Better that we recognise what it initially proffers kindly and simply, than have to later accept its less benign complexity.

Master of Your Own Destiny

You plan. You dream. You hope. You have faith, and sometimes you pray.

What do you seek most?

Independence; independent thoughts and independent action.

- ❖ Becoming master of your own destiny begins with small steps taken on a day-to-day basis. Independence is reliant upon having a hope, a prayer and a dream that can become a plan. All these belong to the first step.
- ❖ The second step is the ability to make choices and make changes.
- ❖ The third step is ardour. Ardour is fervour and can action your goals that come from the heart. Independence fuels ardour. Ardour fuels activity.
- ❖ The fourth step is putting your plan into action, not being overly concerned with results, more with the joy of work that produces results.
- ❖ The fifth step is focus. Focus allows you to place all your energy into the direction you see the activity taking. With focus you cannot see any deviation from the path you are laying for your venture.
- ❖ The sixth step is steadfastness. Steadfastness enables you to remain on a committed journey regardless of what happens to you or around you. Steadfastness maintains your confidence in yourself, your passion, the choices you are making and the action you are taking.

Radiating from you, as light radiates from a central sun, are the qualities of who you are. Strength of purpose, independence, passion, steadfastness and focus radiate outwards along the paths of your thoughts. These pathways attract others of similar intention. When the desire of your heart conveys the higher qualities of your spirit these qualities are carried on the chord of love. Connected to this chord of love are those of the spirit world who are concerned with seeing you fulfil your designated purpose in life.

Goals are reached through determination and you can set up your life so they can come to fruition. This allows your

pathway to remain open so you can be encumbrance free. In relation to your thoughts, the destiny of your life and karmic dues to be paid, the pathways of events and people coming towards you can impinge upon your time and energy, producing delays and obstacles.

How can I surmount obstacles and social events that require my presence and time?

People you know require your presence and your time, wanting to bring you enjoyment and love. Regardless of the nature or character of your association people can fill your hours, preventing you from achieving your goals. Much time can be spent on family, friends and on maintaining your physical self. Something or someone has to be given up so your energy can remain with the task in hand. This removes obstacles threatening completion of your work.

Lessons of Earth travel in circles and like everything create patterns. They start at a point in time and circle around so the endpoint becomes the beginning point of the next pattern. The first cycle may bring hardship. Should you achieve knowledge, understanding or even wisdom through its events the second cycle may bring only minor distractions and irritations.

When your focus is clear and your energy assured whatever travels towards you on an incoming pathway to distract you may be turned aside through the increasing strength of the pathways that radiate from you when they are created with love, for love is aware of all that is happening around you.

Should there be events in your daily life that inhibit your progress look to the wider picture to see why. Allow these events or people to remain without focusing on them. View them as distractions because sometimes the cycles have to be repeated several times before the impact of their lesson is absorbed. When you see obstacles as distractions you hold

them in abeyance so they do not overwhelm. You can then return to your task at the exact point of abeyance.

Should determination, focus and steadfastness remain, with the lessening of any impact from distractions, you will not deviate from the direction you have chosen for you know that any lessening of your desire and commitment can cause you to fall from your chosen path. Go forward with confidence. Ask no man's opinion. Seek no advice, only information when you need it.

Becoming master of your own destiny is a lonely path. According to the strength of the desire in your heart your path is swept clean when its bright light radiates like a sun, stronger than the light on any path reaching towards you. When your light is bright others must deflect; their own paths curving around its brightness.

Through discernment you choose the direction of radiating paths leading from you and to you. Not everyone can come towards you. You choose, so that none who could inhibit your progress can come within your radius. This is a joyous position to be in and is achieved through self-confidence. From this position you can achieve what you want to achieve.

Accept any strictures and smile towards the entrance of your pathway. You shall see in the distance a figure walking slowly towards you. He is to provide you with what you need but you carry your load alone and bring the task to conclusion alone. Once you have been given what you need, he departs, continuing on his own destined pathway.

When you need help to achieve your purpose he walks towards you and you are strengthened by his presence. Only those destined to provide assistance can walk towards you in this manner.

It is not easy to become master of your own destiny. This pathway attracts voices that encourage you to turn back to

more earthly aspects of life even when they hold little interest for you.

The master of his own destiny seeks to live according to the highest aspect of his nature, and through this cause all others who come within his influence to live accordingly. In this way, those upon Earth and in worlds of spirit who have a strong commitment of purpose are attracted to each other to give and receive loving support.

When I am able to contact the spirit of who he is rather than focus on memories of our relationship I am overwhelmed by his abundant essence of life. It overflows into me and enhances all that the day brings. Health blossoms and I am energised. He is now so much more than the person I was privileged to meet and know.

I ask about his reality because our time together is becoming a dream I once had and his present state a greater reality I do not know.

Unselfishness

He has passed. His spirit has moved to a greater world of light and yet he lingers. Why is this?

His heart is filled with love so his work for the creation of a better life for all does not only include what is better for himself. He allows his gaze to linger. He stretches out his hand to the beloved who remain upon Earth, once part of his life and part of his journey.

He is in no hurry to continue. He wishes love to travel at his side so he waits, happy to be cloaked with the etheric soul that can travel between worlds of light and dense physical matter. He has patience and is in no hurry for the beloved to join him. He wishes to influence the beloved's life so it becomes more joyous, more balanced and so able to achieve its purpose.

He is part of the Magnificence. The journey ahead is glorious for him because his light is glorious. He is happy not to don the apparel of light that is his right, for he wants to be part of the teachings that are for the future of Earth.

The Teachings from Spirit forge a path through the mist so those coming to Earth in a future time may find these signposts that can direct their journey. He works from his position in his world to see this work completed. Once all is accomplished the beloved can join him. They can then travel together and merge with the Magnificence in whatever direction is their destiny.

Is unselfishness not a beautiful quality? It is no sacrifice. It is a joyful experience because it is an opportunity to strengthen ties of love. Part of the creative capabilities of evolved spirit is to draw the spirit of man upon Earth towards the greater light.

I will finish this work that opens a path for others in a future time. I cannot do it alone. I need the support and love of he who travels two worlds. Although I have his love, his added strength gives an extra quality I need to build a strong and secure foundation of learning for the future.

All the people I have ever known have helped me be where I am now. They have contributed to the air I breathe, the food I eat and the places I have lived. They have influenced my demeanour, the way I think and how I act. They have all been part of my life in a small or large way, and so have been my teachers.

I breathe in who they are and they build who I am; the craggy old face filled with lines of experiences and stories; the smooth skinned youth emanating hope; the marching businessman contributing his all; the strolling young mother with the chortling baby; the lady who runs past my house for

eight years like Forrest Gump, then walks and now hobbles; the smiling face with dark tresses that slowly change to grey.

Thank You

I could never have made this journey alone. Everything on Earth that has been mine to experience had to be brought to me by the people of my life.

These people are my greatest treasure. They have brought events to me. They have set me on various paths in different directions. They have caused me to discover what I had in within so I could use what I found to do what I needed to do. They have enabled me to find the strength and courage to take risks.

To those who have loved and supported me, I thank you. You contributed to my times of rest so I could consolidate what I needed from within. I could then face the challenges of life's journey beyond the time of rest, love and support.

To those who have silently disapproved of my quest, desires, hopes, dreams and actions, I give thanks. Your silent disapproval clarified for me what I did not want. It caused me to look within to find the doorway to a new direction and the gateway to a new path.

To those who have deserted me in my hour of need, I thank you. Through you I discovered strength to climb the ladder of growth; each rung a series of experiences that brought aid from the spiritual teachers and helpers. They showed me the way and encouraged me to go in the direction required so I could place a foot on the next rung of the ladder.

To those I have loved and supported, silently disapproved of, and deserted in their hour of need I pray that my actions, thoughts and desires enabled or caused you to take a step in a new direction that ensured your growth.

Our intertwined lives have allowed a step to be taken to expand our spiritual strength and light within, so we could all,

in our individual ways, discover a true path that allowed happiness to be part of our lives. What we shared has ensured that this happiness, the result of travelling in the right direction, becomes a permanent residence in each of our yearning hearts.

You have all enabled me to face my challenges. You have all enabled me to go into the world in spite of my fears. You have all enabled me to go in directions I did not want to go in, but knew I must. You have all enabled me to confront my obstacles and hurdles and find the strength to surmount them.

With the deepest sincerity I thank you from all that is within my heart. Without you I would have sat quietly, only moving along safe, known paths, and because of this, not met appointments in life I needed to meet.

Our experiences colour our perceptions of the unknown, sometimes causing us unnecessary concern. Occasionally I ponder upon the manner of the end of my physical life.

One morning I wake with a perception of this time. It is an insight unaccompanied by emotion. I am sitting quietly in the last months, speaking little. There is an air of peace in the room and I touch my daughter's hand on her arrival. She is happy to sit and talk quietly and my response is a happy smile. The air is sweet and brings calm as we breathe it in.

Five Senses – Guidance 12

Banish worry. Focus every day on small matters that relate to your five senses.

Appreciate what you see. When the sight does not bring joy, shift your focus.

Appreciate what you smell. When you do not like the aroma change your position or bring in new fragrances you can enjoy.

Appreciate what you touch. When the texture does not please, only touch what does.

Appreciate what you taste. When the flavour does not bring a smile to your face, change what you eat and drink.

Appreciate what you hear. When the sound does not calm you, change what you listen to.

The world you live in is noisy, smelly, manufactured and chemical and it affects your five senses but you can control what you have in your home and on your person.

Have all five elements to touch, smell, see, taste and hear. Have a variety of sounds to listen to: music, water, wood on wood, stone on stone, gentle strings.

Ensure what you wear, walk on and sit on reflects nature. Let the colours and materials of what you wear vary each day to complement any lack within you on the day.

As you walk through the world your colours, stance, expression and behaviour mirror your thoughts and the intentions and yearning of your heart.

When you move through your world you fill a space and create a movement through the air.

Let this wind you create be a breeze that gently carries your intentions to others.
Let this wind reflect gentle thoughts.
Let your smile reflect the sun's warmth.
Let your feelings reflect the shining moon.
Let your tears reflect a gentle rain.
Let your voice reflect the sounds of nature.
Let your heart beat like the spirit of the expanding universe.
Let your soul reflect the beauty of life that is apparent in the world you live in.
Let all these things that reflect your life produce a response in others.

Your spirit can lead the way so you can place your footsteps safely. Your soul can provide caution and reserve when needed because its memories can teach the result of each step. Radiate what comes from the greater life so those who have contact with you can respond to what contributes to your beauty.

Each day is beautiful when your tears reflect the rain, your smile the sun and your heart the warmth of a soul that encompasses all.

Let the space you create as you move through the world draw towards you spirit teachers, helpers and loved ones who are at ease in it. Live in this way and all will be constant regardless of what does or does not happen, regardless of what you see or do not see. Be in the world but not of it. Blend with nature and meld with the greater life. See yourself not only as an individual but also part of something greater.

Sometimes people remain with the philosophy of life they were born to because what they know is familiar and sits comfortably. One morning they wake knowing that what they have heard, accepted and lived is not enough. They want more. They want a deeper comprehension of the meaning of life. They want to live without inner struggle. They want to live with joy.

They can live this way but first they must accept everything that makes up the nature of the human being and they must live according to the laws of the universe.

They ask,

Where is my next direction? Where can I find the next piece of understanding?

This is the beginning of their search which can take them in many directions.

I am grateful I have found a direction in life that is a permanent direction. My direction is with truth and it lies within. It gives me a bottomless reservoir of learning that attracts opportunities to put what I learn into practice.

Looking for Direction

As the years pass the spirit desperately nudges the soul to speak.

O soul, speak to the physical mind. Find words it can accept.
O mind, sit back. Take a rest.
Give yourself into the loving care of the spiritual mind so you may learn of truth and understand the purpose of life upon Earth.

There are many facets to the Diamond of Truth and there is no one way to find it. Whatever way is in the desire of your heart that is the direction your journey takes you. Truth can be found on the path you choose for it can be found on every path.

Upon Earth truth is difficult to find. People look for it everywhere. They travel to find answers through the way simple folk are living. They travel to find a guru or well-known teacher. Their search takes them all over the globe.

Let us look at a way truth can be found through travel. Travel exposes the mind to new cultures and new ways of thinking because people in other cultures experience life differently.

You are born to a society that shows you, in a particular way, how you may progress in your life and expand your spirit within. When you choose to look for truth in other cultures you

can find answers but you need to know how to look with eyes that can see.

One dimension of this search is to look for specific spiritual qualities that can manifest in physical life. When you find any of these qualities in a culture they are providing you with answers.

There are seven deadly sins that are part of physical life and they inhibit spiritual progress. Each has an opposite spiritual quality and achievement of these is the goal.

Pride/humility; avarice, greed/generosity; envy/love; wrath, anger/patience; lust/chastity; gluttony/temperance; sloth, laziness/diligence.

When travelling look for one or more of these spiritual qualities evident in the physical lifestyle of a culture. Its presence tells you this culture has some aspect of truth.

Let us look at laziness and its opposite spiritual quality of diligence.

When a culture lives closely and harmoniously with the Earth the quality of diligence is apparent because without it the culture cannot survive.

The people must work with the seasons that provide their food and shelter. The family units work together, all contributing to what is necessary for the survival of all. Their lives are dependent upon each other and the seasons. Sometimes the seasons are kind and generous. Sometimes they are violent and destructive.

Diligence accepts the dependency of man upon the laws of nature, at her best and her worst. Humility, the opposite of pride, is the companion of diligence because it is humbling to know that the seasons of the Earth are more powerful than any human being. It is humbling to know that in comparison with the Earth and the laws of nature the human being is fragile. This humility is apparent in people living in harmony with the

Earth. They accept their status in life and do not seek to control what cannot be controlled.

In your search for truth through travel you can immerse yourself in the life of a city. You can explore the arts and history belonging to past ages, parts of which are sometimes retained in present life. They signify inspiration which always comes from the greater life.

Inspiration is captured through man's diligence when he responds to what lies beyond his human capacity that relates only to survival of the species upon Earth. The lifestyle of these people from past cultures can be appreciated through their art; the colours and shapes reflecting their environment.

Diligence is part of a stairway to spiritual worlds. You may perceive its quality in these two extremes of culture. Upon return to your homeland you can compare each application of diligence in life to what you observe at home. You may find that the scales swing constantly between diligence and laziness.

Diligence in one area of life may be apparent and lacking in another, showing a lack of constancy. This reflects the philosophy of life of your culture and explains why your life is as it is; inconsistent or stable. Inconsistency is apparent when the basic philosophy of the meaning of life is not understood or accepted. It may be this inconsistency that brings about your desire to travel abroad and search for a wider truth.

When you meet someone on your travels who is accepted as a teacher of truth ask yourself what quality is underlying what you hear. Ask yourself whether you can apply this quality to your own life. When you cannot find one of the seven spiritual qualities apparent and able to be applied to your life how can the philosophy being heard be based on truth? What use is it?

Spiritual qualities are gentle. They stroke the soul to give it the confidence to peek through the window then open the

door. There is no learning in these qualities of the spirit. There is no remembering. There is no achieving. These qualities just are.

They are a presence within, so empowering that they radiate outwards, giving life to every cell of the body and every thought of the mind. Their recognition is greeted by others with a smile for they encourage all to live simply so these beautiful qualities may grow.

Apply this concept to any of the seven spiritual qualities when you travel through different cultures and you will return home with the memory of how they were applied to daily life. Any culture living in harmony with the Earth is living with simplicity and can teach simplicity. After seeing this you can make your life simple.

You can then appreciate that what you have allows the natural joy of your spirit to radiate. You can then sit and talk with your spiritual teachers within. You can ask them how to apply these qualities to your life. They will be humbled and joyful that you have asked to learn.

A time of visions and dreams is upon me. Visions are scattered throughout my days; a revelation of a soaring spirit.

This vision has me singing with happiness for days. It is an experience of what it means to let the highest within ascend and it is a privilege to be taught in this way. He is real. Would that I could have such visions every day, but they are rare.

Ray of Truth

Truth is like a living sun with its light streaming out in all directions.

I knock on the door and my eyes remain focused, looking neither left nor right. In proportion to what my heart yearns for, when the door opens a ray of light streams through and you

move towards me. You hold out your hands to draw me towards you and I am imbued with the truth of that ray of light. I find myself running towards you and your outstretched arms. The essence of who you are pours into me and I am able to ascend to that place of truth with you.

You are sharing with me the life you have now. You have travelled beyond thought and your presence has become this essence of light that fills my soul. We greet each other according to this vibration, our contact through a mutual and shared ascension to worlds of light; along a ray of light from a living sun that represents the truth of the universe.

You lift me high and swing me around in a field of emerald green grass with flowers more yellow than the sun. The joy in my heart is enough to enable me to fly. Such happiness. Such colour. Such joy. Holding my hand, you lead me onward. The touch of your hand, the strength of your grasp and the sense of your light fortify my soul, expand my spirit and determine my direction of travel.

My eyes perceive the horizon I travel towards for I have an appointment with life beyond the veil. My journey has only one destination and it embodies an expansion of truth. The time of this vision is the end of my journey upon Earth.

Suddenly I stop. I look at your face of love and ask, How can this be?

You smile and I have to ask,

Have I died? Have I passed without realising? It was so fast. Your hand was there. I grasped it and I am here. There was no pain. Do you have pain here?

There is no pain like there is in the physical body. Pain here is more a sensation that some essence within is withdrawing; some essence of goodness is dissipating. This causes a type of pain because it is a precursor to a change of direction. It takes great effort to recapture and recover lost ground.

This is done with good thinking, good actions and working from the more solid base of the love vibration. Spiritual pain is a type of sorrow. It is something of a cross between pain and remorse, yet it is neither.

The advancement and expansion of our spirits in each moment produces great joy and great happiness like you felt as you ascended to me. When thought or action is not the quality it should be, dissipation or loss of spiritual essence results. It is instantly recognised and it feels like sorrow. It feels like disappointment. It feels like loss.

Although these teachings mirror my experiences, they could mirror the experiences of anyone. Estrangement, grief, sorrow and sadness can be the result of many experiences. They are not limited to an experience of death.

Truth sets us free and I experience this at the dentist. I have come to a stage in life when I take stock of the durability of my teeth; their condition the result of nutrition and dentistry practices of former years. Because of a mouthful of pain, I have teeth removed, which turn out to be healthy and not the only cause of pain. Led to my current dentist as a result of a clear request of the qualities I need, she treats each tooth one by one, but I have to have one more removed.

At the moment of truth, I ask her what she is going to do because I am fearful.

I will rock the tooth backwards and forwards, press it down then take it out with one or two pulls.

I relax because her integrity is such that she will do what she has described. In half a minute the tooth is out and I burst out laughing. I have unnecessarily feared this moment for many years.

May the sentiment accompanying these words reach into the heart of another and quiet its beat. May it bring comfort to another who is fearful.

Magic

The truth shall set you free.

What seems like magic is all around but when it is not part of your experience much is labelled as occult which means hidden.

You see from an earthly vantage, viewing everything through physical eyes. You see many forms of life and you view each as an individual entity, living, breathing and moving unencumbered through a space. You see nature in all her glory, at the same time displaying destructive capabilities.

When we look at the world we see counterparts co-existing. We see your heart pulsing out its desire as a living, moving energy with a predisposition towards light.

We see your soul as a complex nature of etheric substances, physical substances and lighter more spiritual substances pulsating outwards in the same manner as your heart; its vibration according to that part of the spectrum it relates to.

We see the spirit of who you are within your soul and physical body, emanating towards worlds of light, reaching towards the greater beyond following its destiny. Your spirit blinds us to all physical and etheric substances through which it moves, parting the molecules on its journey to where it needs to go.

We see your spiritual thoughts reflecting inspiration from your own spirit and spirits from spiritual worlds. These thoughts, travelling of their own volition and unencumbered, vibrate to a certain light and streak out through the ethers to connect with the original light from where they came.

We are aware of your physical thoughts. They relate to your physical life so do not travel far, limited to a small part of the spectrum to which they vibrate. With no power to travel on their own they are encased in chords, remaining attached to the sender and recipients, confined to the finite world of physical and etheric matter.

We see your love, an embodiment of worship, vibrating to the light of a greater spectrum and streaking through the ethers to the greater beyond, travelling on its own power of light and beauty. We see your love radiating from your heart to your loved ones upon Earth and in spirit, travelling towards the light of the spectrum with which it is associated, a lighter vibration than chords of thought.

Should we view the world according to all its attributes what you see as space we would see as a densely filled area and it would seem a miracle that you could move through it. We would see you accompanied by earthbound spirits and spiritual helpers. We would see chords of desire and chords of thoughts and actions, attaching one to the other all over the world and reaching into their etheric counterparts, their molecules parting or moving aside for the physical body. You are unaware of all because you do not observe the event.

What possibilities are available to you upon Earth? When your life is inducive to your spiritual expansion your spirit emanates through your physical body, reaching to the greater beyond; to loved ones, teachers and home. The light of your spirit causes the chords of physical thought, physical love, earthbound spirits and everything relating to physical life to retreat. Its spiritual path is open, pulsating, radiating and vibrating over a wide area towards its destination. Your spirit of light parts the etheric canopy of thoughts and all associated with the canopy retreat from its passage.

The canopy of thoughts is dense when it is built with dark desires and dark thoughts coming from hearts and souls that

live according to their craving for dark ways. Everything physical has a counterpart in this etheric world and its canopy creates an etheric barrier between physical Earth and spiritual worlds of light.

Etherically, mentally and physically the canopy changes according to people's thoughts and actions. Pollution and the rape of Earth's attributes that contribute to the healthy lifestyle of Earth's inhabitants, play a part because they are a result of people's thoughts and actions. Seemingly solid, the canopy contributes to physical changes in weather, clouds and the amount of violence in nature and people.

Earth follows the natural law of birth, maturity and dissolution. These processes take place regardless of whether people live upon Earth or not. People may affect the natural order in the lifespan of Earth in some way but they do not change what is already written and predestined. At this time we are not looking at the Earth's natural process of birth, maturity and dissolution. We are looking at the effects and influences man has upon Earth during a stage of its life cycle which is vaster than what can be imagined.

The weather in the atmosphere of the Earth, the movement and behaviour of the oceans and land are affected by man's thinking and behaviour. This is an area where magic seems apparent.

When you have a perception of a spiritual life beyond physical life your spiritual light is able to radiate out to join with the greater life, parting molecules and rearranging them within the laws of nature known and unknown by man. Some people bend metal. Light parts clouds. Lightning seems to have a power of its own. The radiating spiritual light of an aware person can create a clear path for travel. Thunder and rain fall all around but not on.

What seems like magic comes from the ability of your spirit within to work in harmony with its surroundings. It works in harmony with the laws of the physical world, etheric world and spiritual world with which it connects. Some things may seem as magic but it depends upon the eyes that are looking.

There is much in the world of Earth that is unexplainable. What seems magical is the capability of your spirit to understand and use natural law in a natural way. Everything in life is in a constant state of change. Another step can be taken towards greater happenings that can result naturally from who you are and where you are.

During this past year I experience many visions that are better described as experiences. I am transported into his world and for a time we are working together. In these visions I delight at the sight of him. His presence causes my heart to sing.

Sometimes he pays me just a fleeting visit bringing words of comfort and reassurance.

I wish I could have these visions every day but they get less and less as they must for I have to live a physical life without his physical presence. This is the way of things.

Visions

The years pass quickly. Fill them with what you want to do because the time will be quickly over.

You have a skill but the road is bumpy for a while. A door, light and gilded, will present.

Some go before us. Some go after us. This is the law you must accept.

If you want the simple life you can have it because I have your back.

Walk gently through life, disturbing no one.

We all have a dark side. Our job is to transmute it into light. This we can do.

There are rocks in the water but I have built a path for you to safely negotiate the way. Keep on this path that goes round the rocks. It will open before you, narrow, bright, clear and silver in colour. On the way be like water, flowing with the different times. I am here and I am guiding you.

Be yourself. Go where the wind blows.

Be guided by me but do not live for me. Let your heart beat for me but do not think of me.

Thank you for loving me. I did not want to leave you.

I will give you the words for every person.

You cannot live by hearing. You can only live by doing.

People must knock gently on your door and wait to be invited in.

They cannot gain entry by battering down the walls of your fortress.

Letting go little by little teaches you to let go the whole life when the time comes.

Year Three

Introduction

In this third year I take hesitant steps into the world again. Teachings received encourage my confidence in this endeavour. I have social contact with people on a light hearted note. I meet and make new friends and I am enriched.

I am now able to speak of him, able to tell these wonderful people he has passed but that is all I can say. I continue to hold the essence and names close to my heart and probably always will. His presence is enveloping warmth that emits love.

When something plays on our minds confidence diminishes and fear enters. I have always thought I had let myself down by not taking groups on my own so I want to restore confidence in my capabilities. My first hesitant step is to join a meditation group. When the group finishes the opportunity and people present for me to take a group on my own as I feel I must. I revisit the past before I move into a future that is on the horizon.

Ring Peter and ask if he has a meditation group you can join.

I do not want to join a group.

Three weeks later I join Peter's group and meet five strong women. For the first time I hear the strange sound of my laughter. After the eight weeks are over Peter says he has never heard so much talking and laughing in a group.

My footsteps on this opening path are slow and unsteady but I am reminded of the importance of believing that all our lives have focus and purpose even when we do not feel this is so or see this is so.

Events

Each day brings you closer to accomplishing your purpose in life. Each day brings you events that contribute to the achievement of your goals. Events are manifestations of an inner creative urge to achieve. You view them as steps towards achieving material goals. We view them as a means for you to accomplish spiritual goals.

How you live through events is important because the initial objective of each is to produce some spiritual attribute e.g. self-confidence, courage, steadfastness. Whether events are difficult or easy you receive our encouragement so you may continue on a laid path. We answer your questions with teachings that encourage you to understand why you are experiencing what you are experiencing and feeling what you are feeling.

Decisions that are good for your spiritual growth are decisive. They sit easily in your heart even when your physical mind creates fear of difficulties. Your heart knows you have the strength to surmount problems. It knows you can resolve them over time.

You live in a finite world so you cannot see the greater picture. Trust that your spirit can. Trust that it has the wisdom to instruct your heart when difficult steps need to be taken because they are taking you along your best path of travel.

With the closing of Peter's meditation group, I open a group to deliver teachings. I do not prepare in advance and the teachers come. I am still able to deliver an inspirational address. My confidence is restored.

I lay to rest my concern that I cannot take a group on my own. I am jubilant that I do not have to worry any more that fear is preventing me doing this. I have always believed it safer to work in a partnership but I have a friend who watches out for me at the meetings. I still only seek the Teachers of Truth. I

am still happy to look foolish with nothing to say rather than accept a lesser vibration.

What does an evolved spirit contact do?
It helps you take your rightful place in the world.

Message of Hope

In your drive for perfection you have forgotten yourself. You have forgotten that you are here to learn, grow and follow a laid path that is yours to complete. You have forgotten that this is your journey and is as important as the journey of others. When the group finishes we shall return to the focus of your journey.

Take a look at how your heart has expanded. Take a look at how your mind responds to your spirit. Take a look at the growth and learning you have achieved in the short period since his passing. Wipe those tears, relax and find joy in everything you do.

Each day look closely at those with whom you come into contact. You are not invisible. You promote a response from people because your spiritual light warms them. At certain stages the path to enlightenment is travelled alone. This is a privilege you have earned so walk alone with a smile. You have material security and you have love. Those you have touched love you.

Do not be concerned about people's reactions or their withdrawal from you after a short period of time. We have promised you that you will always have one person in your life you can safely and honestly interact with. Although the person may not be the one you really want this interaction is a safety net of emotional security.

Progress is not ascetic or painful. It is only difficult when you perceive it to be so. You are already weaned from the impact of physical life and your vision and gaze are

heavenward. Follow the direction of your gaze and live in both worlds simultaneously.

This next part of your journey is discovery of your own spirit within, not the voice you hear from the teachers, not the voice of your loved ones, but the voice of your own spirit. Awakening this voice is the hardest thing to learn.

You have come full circle, to that point when you gave the address *Call of the Inner Voice* that was received so lightly by others. This small address was a hallmark for your future endeavour. It was the sowing of a seed that now has the environment that allows it to germinate. Allow this time of germination.

Discover the depth of your heart for what you discern is what you can emanate. People shall perceive a change in you. They shall see an inner beauty radiating from within. What you have is what has survived your experiences of material life on a part of your journey that is now completed.

Your loved one has departed. With the closing of this door a new door is opening. Through this new door shall shine a light brighter than you have seen before. Let this light fill your heart. Let it educate your soul. Let it free your spirit.

This is an important time. For you to hear and respond to your own spirit within you have to be able to respond to the worlds of spirit where aspects of who you are already reside.

Before any service for others can be initiated the foundation of your spirit must first be consolidated. You will do this alone but you will do this with joy. This message today is a message of hope for your future.

Allow your gaze to remain heavenward, allow your spirit to ascend, allow your mind to serve you as it should and everything you need shall come to you.

As I involve myself in life again his presence retreats. The teachers' presence advances and their communications

engage my mind for a good part of each day. In the early years the Council communicates briefly. They return and I am in awe for their vision can see into me and through me so I can only obey their bidding. To my relief, their formidable presence focuses on a wider picture.

Simple Future

We are a Council, convened and existing of one representative for each race upon Earth. We want the needs of each race in a culture to be presented to all races in all cultures as a first step in the unification of people upon Earth.

In these times our goal is equality for all. Presented to you as a long-range vision this is a focus all may reach towards and ultimately fulfil. Let us sow the seeds now.

As the family of man seeks to return to his evolutionary standing of previous times he retraces his steps. These steps take him from differences to similarities. Small steps are progress as long as the direction is clear, the heart sincere and the eyes focused. Seeds sown to fulfil this vision enable a future second step to be taken.

Visionaries shall sow this seed for a man of power to bring to germination. In due season a leader, belonging to a race of visionaries, shall come to Earth and water the seed to bring about germination. As a man of vision he shall provide an environment that can bring the germinating plant to full bloom.

Let the first thought be -

May simplicity of life become a value all attain. Let dwellings reflect this simplicity. Let thoughts be pure, speech simple and direct and emotions relieved. Those of vision shall then sigh in relief and breathe in the vibration that simplicity brings to the opening heart.

The council is convened. The representatives are assigned. We shall bring the best of each race and each civilisation to the race of visionaries who shall come to Earth and apply the principles of creation without man's rules, regulations or desire to control either the world of Earth or the people who live upon her. These visionaries shall sow the seeds, flinging them into the winds of change so they may sprout wherever the ground is fertile.

These beginnings are pure and simple, inaugurated by those who seek the betterment of all without thought of self or self-development.

*Lose the self and you shall find "me". Lose the "*me*" and you shall find "*I am that I am*".*

An earthquake in Christchurch is followed by a major earthquake and tsunami in Japan. As in times of war, many lives are lost at one time. Three days prior to the earthquake in Christchurch the spiritual presences around me depart. I feel the void of their departure and wonder at its reason.

They are looking for survivors in the rubble of the CTV building so I ask,

How can I help?

I sit silently and see the etheric shadows of about fifteen people standing quietly in a ring around a huge hole representing the CTV building. At the bottom of the rubble I see one flickering, spirit light. Those above the rubble stand waiting. They do not want their friend to die alone. They wait so they can all leave together. I feel the immense wave of their love reaching out as spirit helpers gently lift their friend up. It is the day after the earthquake and no-one else is alive.

Spirit helpers tell me the people were taken out of their bodies before their abrupt deaths. As with a near death

experience awareness and feeling is not with the body but is reaching towards the new abode; floating above and watching all that is happening below; feeling nothing.

Death occurs when the cord attaching the spirit to the body is severed. Near death experience are the same except the cord remains attached and awareness can return to the body.

We are living in times of frequent natural disasters and I am given this formula for the re-building of cities, complexes and communities. Historically parts of our cities become dirty, unkempt and disease ridden. With the inclusion of nature in every part pollution can diminish and natural beauty can return. I pray that in due season this formula reaches the right people.

Lost Prophet

The blue of the water shall wash the Earth so its power may once more cause trees and plants to grow in abundance. Those places you have caused to wither into desert shall again come to bud.

This shall not take place until the fires that cleanse sweep across the stagnant piles of death; those wood and stone buildings that have replaced the tall trees and grasses that maintain your life. This shall not take place until after the Earth heaves upwards to shatter the dead wood and stone with which you have replaced the living Earth. These days are tumultuous. Not understanding the needs of the Earth shall cause you to look to the heavens and call out to the spirit of life to ask the Earth to relax. You then shall hear these words,

It is not wrong that you build your homes and your offices with wood and stone. It is not wrong that you place these dwellings side-by-side so you may live together in harmony,

but you forgot to ask the Earth how best to live according to her laws.

Ask now so she may tell you the way to live in harmony with her dictates. If you cannot live in harmony with the laws of nature how can you live in harmony with each other? Build your dwellings. Build your offices. Build your cities. But build them in conjunction with the requirements of the life of the Earth.

These requirements are,

Two thirds of the Earth belongs to the Earth and one third belongs to you; not all in one place but scattered all over the Earth's surface. Build on the circle. Using the square, around each circle allow two more circles of natural Earth life containing all the elements of water, air, tall trees, low plants and rocks and stones.

When the cycle of life causes the leaves to fall they can then return to the Earth to nourish and encourage new forms of life. When the waters run through the Earth they can nourish and foster growth. When the sun reaches the Earth it can increase the air that is life for you. You can then co-operate with the Earth with peaceful and harmonious thoughts and actions.

To allow this time to be once more, the Earth shall move from deep within bringing seeds of life to the surface. The sun shall send fire to destroy what is harmful and so nourish the places where life may once more become apparent. Water shall cleanse the Earth of the dry dust that follows the fire so the seeds of life from within the Earth may come to bud.

After the red burning and the blue washing the green life of the trees and plants shall once more grow to full splendour to bring the air you need to nourish your soul, your mind and your body. Reverence for the Earth shall be renewed and once

more you shall live in harmony with the Earth, the spirit of life and each other.

Because you have focused only on the warmth of the sun, building mainly in areas touched by its strength you have forgotten to work in harmony with the air and water, believing you can transport what you need of these and forgetting that the Earth always transports them to where they are required for the harmonious continuance of life. The Earth knows how to link the air, water and sun. The Earth knows the places that need to be left in peace. The Earth knows the places where this *must* be so. The Earth knows the places you may use for your dwellings and not disturb her work.

With your birth rooted in the heavens, your journey through Earth needs your eyes to remain on your returning destination. Even with your ascending eyes, your pure and loving heart, your pure thoughts and words, you shall be tested for your allegiance to natural law.

Tall trees are rooted deep into the Earth and branch through the air towards the spirit of life. Your spirit of life is rooted within you branching towards the greater spirit of life, even while you are anchored to the Earth. Through your five senses, your eyes, ears, mouth, nose and fingers, Earth life instructs you of your path that is apparent.

All that comes from the Earth must return to the Earth. All that belongs to spirit must return to spiritual dwelling places; the signs of direction placed in the heavens and within you. Should you remain attached only to the Earth, because your ways destroy the Earth and yourself, your eyes shall not see your future direction, your ears shall not hear the sound of its voice, your nose shall not smell the fragrance of creation and your fingers shall not feel the life of the Earth.

In a vision he and I are working together in the company of the spiritual teachers. When I wake I am gloriously happy. It is

a privilege to receive this experience for I am told I cannot very often. I would yearn for a spiritual life, making physical life too difficult. I have to remember that at this time Earth is where I am and life here has to have priority.

Physical life must never be sacrificed for what is deemed spiritual.

Recovery of Memories

I see your shadowy figure in the distance and my heart is filled with joy. We are in the company of others who show us a life that is glorious; leading to immeasurable joy and oneness with the greater life. Our oneness of spirit knows no boundary. How can I ever doubt there is a life beyond the physical world I know so well?

Lack of confidence causes man to cling desperately to what is familiar. When he opens the door to his soul's memories he discovers a life that is more encompassing than what he experiences upon Earth. He discovers a life that has been lived for longer than the Earth life he becomes attached to.

How can the door to the soul's memories be opened so the lack of confidence in anything beyond what can be seen and felt with the five senses can dissipate; so memories of the greater life become part of a heart filled, not only with love, but also with excitement for the future that is greater than the painful experience of physical life?

I can show the way. I can teach how to open the door to memories.

I can promote confidence to live life on Earth with a future in mind.

In the morning, upon awakening, before realisation of where you are comes to your mind, speak the first thing you think. See the words as you speak them. With daily practice these words can trigger memories of where you have been in the night of flight to worlds beyond the veil. With daily practice you can recall souls with whom you have spent your time. With daily practise you can recall places where you have been and the reasons for being there.

In the evening, as you sink into sleep after giving thanks to the Great Spirit for your day upon Earth and the life you have been given, ask permission to travel with the greatest love possible to places of the greatest joy and the greatest learning. Ask to retain the memory of those who accompany you. Ask that their familiarity triggers a memory in the morning. This can be your first memory.

Each day become observant of events and people. Let the practice of observance produce familiarity. Notice how your heart instantly and joyfully responds to some momentary associations with some people or places, without seeking any response in return. These can be repetitive associations from other times and other places. The joy they bring is a memory. Through these observations you are sharing your heart, your time and your wisdom without thought of receiving anything in return.

Observe everything in the light of how it touches your heart. Let your reaction to simplicity in life be a response from your heart. This builds a staircase to the greater beyond. Upon each step of this staircase you can meet a Guardian of Light who will hand you over to another at the next step.

Recovery of your soul's memories gives you confidence in yourself and knowledge of the main purpose for your visit to physical life. Recovery of these memories gives you a deeper understanding of why you so desperately need to do what you are doing.

New people join the group which continues for three months. Two spiritual teachers come to each meeting and stand either side of me, but further back. I am aware of their presence and grateful for it. They can read the heart of each person and know whether there is compatibility with what they offer. From my perspective everyone here is offering their presence as a light of worship. In doing so two worlds meet.

Over a three-month period I realise I can take meetings but have no need to. I can give spiritual addresses but have no need to. I can talk publicly but have no need to. This is the last teaching I receive for the group then it closes.

People need time to incorporate teachings into their lives.

Following closure of the group one or two friends visit and we have some casual meetings. These meetings increase my confidence and reaffirm that when required, the teachers come; happy to serve in whatever way is asked of them. I am aware of their heart and their dedication to humanity.

Worship

I am not part of any worship involving another for I am complete in all that I am. From me emanates all there is; each aspect a part of me, yet is not parted from me. My creative force allows you and the world to be. Cover your eyes from the wonder of the light and colour of these emanations.

I do not need a name. I do not need a description. Those closest to my light who serve my will do not need such things. Just know that I am. Be still and experience what you can of me through the life around you and in you. Let life emanate from you and reach towards the source of its inception.

Bring back worship of the creative source of life for without worship man adopts that role for himself. In his youth he believes himself immortal but the expression in his eyes as he reaches old age mirrors his realisation that he is not. He realises that the strength he had in his youth cannot be maintained. He realises that he is to leave the place where he seeks to remain, unable to take a single thing with him except what is in his heart.

Through his years of strength he rarely gives thought to his purpose for being upon Earth. He rarely gives thought to how he can contribute to the greater good. He rarely recognises that Earth life gives an opportunity to learn through experiences. He rarely gives a thought to his destination upon the passing. How sad are those aged eyes; such a contrast to his youthful eyes of hope and seeming immortality, seen in an earlier day.

Bring back worship of the source of nature's life that has the ability to sustain or destroy all physical life upon Earth.

Bring back worship of the creator, so that those who only conceive of physical life appreciate this life that can so easily be taken.

Bring back worship of the creator so that those who believe in a continuing life after death learn of other worlds and those who accompany them on their journeys to these worlds.

Bring back worship of the creator so that the beautiful beings of light closer to the source of creation are not worshipped in place of the creator and are not harmed by those who associate with them in this way.

These beings have greater powers and wisdom than man but they are not gods. They should be neither revered nor personalised. They should not be given human form and human names. These glorious beings of light seek only to do the work of creation. They seek only to bring a greater light to those who seek.

Be humble in your mortality and love shall fill your hearts.

Because we are spirit we have life, yet upon Earth the spirit within that is who we really are is so hard to contact, most of us cannot. There are many hurdles to overcome and many veils to be lifted before its voice can be heard. One avenue that makes this task possible is contact with wise, ennobled beings who can show the way.

Many years ago there was a moment when I was in harmony with the universe. Time stood still making this a treasured moment in life. Occasionally for a moment his soul and mine intertwine and speak as one through our hearts, allowing me once again to momentarily be in harmony with the universe.

As I write I have the perception of reaching deep into the atom of who I really am rather than reaching out to other worlds and beings. It is very different and I do not know whether I am to experience this again, but it is a goal.

In the early years of my learning I would be given a single experience that I would achieve naturally and easily. This experience would cause some change within but take years to accomplish as part of me. I call these situations the Teaching of the Carrot; a possibility dangling in front of me.

This teaching produces just such an experience. I know I will have to work hard to make it possible again. Another goal is being born, for I truly want to discover this real me.

Your Own Spirit

All worlds in the many mansions and kingdoms of life are beautiful. They all resonate with the glory of life. You choose to be where you are. You know why you are where you are. You know how long you need to be where you are and you know where you are going to. On Earth your way becomes clear

when you can respond to your own spirit but this is the hardest task of your life. What your spirit is capable of is buried so deeply within your soul and layers of constructed personality that its nature and wisdom are neither apparent nor easily heard. It is easier to hear and respond to other spirits than hear your own.

You are born of the family of the human spirit and your destiny is sublime. Your goal is magnificent and the light of who you are is extraordinary in its potential. You have a laid course through the many mansions of the kingdom of life and each aspect of this course can take you closer to the light you come from. When you travel through a kingdom you absorb the light it emits and your spirit expands its consciousness and awareness. This absorption of light gains you entry to your next world. It is the key that unlocks the door to the next stage of your travel and growth.

Your spirit is pure emanation of light that reaches in the direction of the source of light. When your association with Earth is completed, there is a springboard that enables you to leave forever and ascend, enveloped in light, knowing your next destination. This key is embedded in the wisdom of your spirit.

The hypnotic life of the material and physical world became your goal and purpose in life. This caused your real journey to be forgotten and the cost is high. Physical life focuses on self and pleasure instead of the creativity of life and this harms your soul. Your driving force becomes survival and procreation and you become locked into generation and the pleasure it gives.

Derived satisfaction is short lived because it belongs to the veil that is over your spirit; hiding your true purpose in life. Your soul absorbs more of the vibration of physical life than the light of your spirit. The ability of your spirit to reflect the light of the greater life becomes lost to you.

Survival is the greatest drive of the physical body and over time this has caused the years of life upon Earth to shrink. You have opportunities to change this focus.

Look beyond *self*. Achieve mastery of the demands of your physical body. Focus on right living in preparation for the next stage of your journey. Turn your physical life into a prayer by appreciating it and treasuring it. Reach into your heart and discover the stillness of the light that shows the way. Calm your thoughts and quieten your tongue to allow peace and calm to enter your soul. Allow the joy of your burgeoning spirit to reach your heart.

We lie to others from time to time but it is important that we never lie to ourselves. Our hearts recognise truth but we do not always want to face its arrival even though it heralds an opportunity to see things clearly and make changes that can eradicate what is self-serving.

Truth goes to the heart of matters; without preamble and without description.

Learning about truth has taught me to avoid description which I see as an expression of personal opinion or judgement.

A description is a personal view of something or someone. I do not want to make judgements. I do not want to wear rose tinted glasses. I want to see what is; palatable and unpalatable.

Truth

Man continues to seek more than physical life so he lifts his eyes to the heavens searching for answers to this great possibility. At times small amounts of the secrets of the heavens come to him and he deems them great. Yet what is

given to him is as nothing compared to what is available.

True knowledge is available to all men and women who are willing to work for it. Everything that comes from the greater beyond is for everyone. When truth is the goal it comes to those who seek. They recognise it and absorb it into themselves, changed because of it.

Many are unable to recognise truth and pass it by. They choose a small grain of sand of a particular colour thinking it a boulder. They are satisfied with knowledge gleaned from this grain of sand forgetting that it is only a grain and there are many others. They jealously guard this knowledge, holding it close to their chest so they may stand high in the eyes of others but their sight is blinkered and their minds fenced. What is jealously guarded for self emanates as selfishness and this is incorporated into their souls.

When airways open particular aspects of truth come to those who recognise them. In that moment knowledge is made available for all who are looking in its direction. This knowledge belongs to this part of the journey but is still only a drop in the ocean of what is.

Truth is not a book of words. It is not a vision. It is not something to be seen, tasted and touched. It is a vibration of being that speaks to the heart and flows through the soul to the mind, lifting a veil from the spirit as it travels through. Its presence enables more of the latent glory of the spirit to shine.

Truth is absorbed without concern for how others view it. It has to be translated into worthy actions or it trickles away on its journey past another. With its absorption earthly influences have less draw than the message and messengers of truth.

Earth life puts into practice principles and truths from spiritual worlds that are unremembered upon entry to physical life. Recall is possible because keys to truth are hidden from the eyes of the unbeliever yet glow like a beacon

for the determined seeker.

Only once have I seen a look of contempt and I never want to see that expression on another face. I ask the teachers for a definition of contempt and am reassured by their beautiful reply.

Definition of Contempt

High up the side of a mountain a small tree grows to its full height. Below in the valley grows a large tree that reaches half way up the mountain; its height hidden from the small tree by the mist that surrounds it. The small tree, because of its position, looks down on the tree strongly rooted in the valley below and feels superior. It does not realise the true height of the tree below for its height is hidden by the mist.

On the day of his passing he rose from his bed and greeted the rising sun, unaware it was for the last time.

When our hearts are peaceful they give and receive healing as naturally as we draw breath and mostly we are unaware of this occurrence. I am told that on the day of his passing his spirit friends and teachers remained close to him, bringing the calm of acceptance for what the day was to bring. In all the other days of his life his demeanour calmed others so why would he not receive a healing calmness on the day he most needed it?

His heart is open and he gives of what he has within. Because his heart is open his is a life of worship. Though living well he is able to receive all he needs to pass on to others. He does not proclaim to be what he is, a healer, but this is what he is.

I view a healer as someone whose way of living emanates care for others. I ask for an understanding of a self-professed healer.

Healer

She sits seeking quiet contemplation with a mind she cannot still because she has used it vehemently for so long. Her disappointment in life is deeply profound and she reaches to bring towards herself the spiritual light she yearns for, believing it must be better than the physical life she has settled for.

She has accumulated what she feels is an understanding of what is spiritual and this she applies in her daily life that she devotes to healing; living in a particular way so others can perceive her to be something more than most.

Why does the peace of quiet contemplation elude her?

Could it be that the spiritual values she has absorbed are not really so and this her heart knows? There will come a time when her mind stills long enough for her heart to relay to it the words of a wise spirit she can no longer deny.

Let her prayer be,

O heart of mine, I long for the peace of truth.

Your philosophy of what you deem to be spiritual views physical ways as antagonistic to spiritual ways.

O heart of mine, I am spiritual and I am physical.

You must live both. There is no antagonism between the two but only one can be commander.

O heart of mine, recognise the truth of now.

Live it. Let your physical and spiritual life intermingle so neither requires description.

O heart of mine, help me believe I know how to negotiate life.

You can, but ensure you make your way without presenting what you know is not so, as being so.

O heart of mine, be still.

Know that love rules supreme yet does not reward in the way most people seek.

O heart of mine, beat for the life I have.

Recognise its expression of truth.

I do have certainties. I know I have the right to be here. I know I have the right to choose the way I live my life. I know I can choose what I hear. Yet still I have fears, not many, but some. My first car is a Morris Minor. The first time I drive it over the harbour bridge in the wind it sways and wobbles out of the lane. I am afraid of this so every windy day I drive over the bridge until my fear retreats.

Familiarity dissipates fear.

I have a near death experience. During it I have no fear. I am happy to greet those I greet. Yet now I fear death but not in a terrified way. It is a fear of the unknown that occasionally surfaces from the back of my mind.

The physical body of the human being knows it has to die and it does not want to. It does everything it can to delay this inevitable outcome that produces its fear. The spirit of the human being knows it does not die. It knows it is going to pass from one experience of life to another so it has no fear. The human being is torn between fear of death and certainty of life.

Confidence and Certainty

A door is opening to a new world of certainty that physical life does not offer. Although physical life can give a sense of self you rarely feel certain of anything. You may look for certainty through the heritage of your family line but you will not find the answers you seek because your sense of self does not have its roots in family, friends or the people around you.

Why is certainty so scarce *in Earth life?*

Let us draw a line between ego and fear. Confidence and its companion, certainty, stand at the middle point between them. Ego, using confidence and certainty, provides the impetus for action. Fear, with its lack of confidence and certainty, immobilises and paralyses.

Used wisely fear provides natural cautions to deter ego from situations that may be physically, mentally or emotionally harmful, for an inflated ego is fearless. Used wisely, ego provides the action necessary to implement what the caution of fear deems safe.

Confidence and certainty provide the balance between fear and ego. You can use each as natural caution, the impetus for action, swinging between both at the appropriate time. The middle point of confidence has awareness of fear but interprets it as a natural caution before moving ahead. This caution leads to the necessary research and planning before action is commenced. The middle point of confidence has awareness of ego but interprets it as capability of initiating and bringing the task in hand to completion.

Confidence and certainty are spiritual qualities, born with the spirit of life in realms beyond Earth. They are healthy attributes that everyone can attain but they are difficult to achieve because most people relate them to *self*.

Certainty comes with a knowing that life continues beyond Earth. It knows you continue to live elsewhere in some form; fully alive and embracing movement and change.

Certainty of a continuing life strengthens confidence. You understand and accept who you are with all your strengths, weaknesses and abilities. You look deeper for more valuable qualities to enhance the life you have; qualities that reinforce your knowing that you are part of a greater whole; qualities that promote hope for a future that is worthwhile, fulfilling, joyful and expansive.

Certainty gives you the confidence to initiate and complete tasks in a direction of life that promotes your growth. You accept that you are worthy of the life you have. You are able to recognise opportunities when they are presented at certain stages because you are aware of the difference between dreaming about what you wish you could achieve and planning for what you know you can achieve.

With certainty and confidence you appreciate all who have life; people, animals, plants and the expanding universe around you. You establish your position in this world knowing you have a right to be where you are. You know you are where you are supposed to be.

You look around and observe differences in the way people lead their lives. Some people come into your circle of life and because your mind is a receiver you are influenced by them or by accompanying events. These arrivals into your life present you with choices. You can mirror these influences or ignoring them look further afield and forge a path beyond them, welcoming the subsequent awareness that burgeons within you.

Should you forge a path through and beyond the influences of your immediate environment what lies beyond becomes the influence you accept. Confidence and certainty become

your foundation. They provide the springboard for future events. What you feel, hear, see and do is the outcome.

You may choose to be influenced by what is mundane or through your awareness of what can lead you to a greater life you can choose to be influenced by what you know has your best interests at heart.

Your search for truth builds a path that takes you beyond the influences of hereditary factors and the learning you are exposed to in your early years. As it draws to you a source of knowledge and wisdom that is proved because it reaps good results, confidence and certainty increase until you need no validation from others. Confidence and certainty become a solid foundation based on truth that leads you to steps you need to take in life. This solid foundation leads to greater strength so there is no need to look back and question yourself and your actions.

Look ahead to what strength brings you and to where it takes you. Hold your head high. Walk tall with a strong, straight back. Reach for the hand we hold out so we can help you raise yourself to the Temple of Prayer where together we are joined with common purpose to achieve whatever needs to be achieved, for whatever needs to be achieved is beyond the endeavour of one, and belongs to none.

Maybe it is time for me to reach out to the world and participate with an open heart, but my heart tells me I only want casual contact. There is an insistent man on the periphery of my life but I do not want him to come any closer. Feelings are changeable but I trust what my heart tells me. I believe in my destiny which has always led me to the people I need to meet; those who are to play an important part in my life. I always recognise those who are to walk this way with me. They are not many, but they are beautiful.

Open your heart to all but test all who come within your reach so you only find joy and love in each moment. Look forward with hope. Because I am in the air you breathe my constant presence is unassuming but more real than your feelings and memories.

Universal Love

When you love another, you are loving me.

When you put your arms around another you are putting your arms around me.

When you give another your love you are giving me your love.

Through another your love can flow and reach into the universe, for you have much inside you. I have filled you to overflowing and another can be your conduit.

Yes, you will let me go.
Yes, you will not always think of me.
Yes, you will be happy because you are living.

I remain in your soul, a part of who you are.
I rejoice in your happy living for we are in harmony.

Through another, heal.
Heal yourself. Heal me.
Then heal the world through the healing power of your love.

Call out to me and I am with you, filling your heart and lifting your spirit. Give the world all you have and I will give you more.

I ask why we can communicate with some people and yet have nothing to say to others.

You choose what vibration you wish to be encompassed in and your conversations follow accordingly.

We all want true compatibility but it is hard to find.
People can live their whole lives and never find it because they are not looking in the right places.

I cannot help but view life as a larger picture I cannot see from this vantage. Perhaps what each of us comes here to do does not always have the lovely things we would like once we are here. In Astrology there are squares in a natal chart. They indicate propensities to challenges and difficulties to surmount. There are also trines in a natal chart. They indicate that in certain areas life runs smoothly. Our lives seem to swing between both no matter what we wish for.

When things go smoothly you can be easily satisfied, not stretching yourself to find, work for and achieve some goal; just waiting for an opportunity to come to you. When things are challenging you discover courage and strength of purpose within as you reach to actuate events.

Positive and Negative

It is neither right nor wrong to be positive or negative. Looking at a line each end is a pole; one positive and one negative. Your position on the line determines who you are able to relate to and in what manner. When your position is in close proximity to another person you can relate in a predominantly positive or negative manner, depending upon the position of you both to the pole you are facing.

One of you is positive and the other is negative. One has more to give and the other has the need to receive. For example; your human nature is negative to your spiritual

nature and your spiritual nature is positive to your human nature.

You are negative to those closer to the positive pole and you are positive to those closer to the negative pole. This principle applies to your relationship with both people upon Earth and in spirit. When embracing truth you are positive to etheric, earthbound spirit. You are negative to evolved spirit. Evolved spirit is positive to you and etheric, earthbound spirit.

With some of your positive energy you face the positive pole and actively reach towards it as you receive what is proffered. When you use your energy in this way, instead of negatively waiting to receive and absorb you change your position on the line, moving towards the positive pole and so elevating yourself to a more enlightened position.

This is how you reach to evolved spirit at the positive pole. This is how you reach to evolved man at the positive pole. The yearning of your heart determines the effort expended that propels you in your desired direction towards those whose habitat is apparent and appealing to you.

Those negative and closer to you who reach to you in the same manner have the same desire in their hearts for they are facing the positive pole you are reaching and travelling towards. Without turning to face those who are negative to you, you hold out your hand behind you as you continue to face the positive direction dictated by your heart. This is how you hold out a helping hand to those negative to you.

When you actively seek to help those who are negative to your position on the line you turn your back on your positive direction to face them and your movement towards the positive pole halts. This is not the way.

The same principle applies to those whose desire is to constantly and passively receive. They face the negative pole and move towards it through their actions. It is their choice.

The effort to move in a positive direction, while inspired by your actions, has to be their own.

The distance between you and others can either shorten or lengthen depending upon everyone's actions as movement is made through the effort of each. You have no desire to communicate with those in spirit or on Earth whose distance from you is too great. The distance between you prevents the close embrace of your souls.

Your relative positions on the line make meaningful interaction either possible or impossible because you are moving at your own speed towards a particular pole.

You distance yourself from those who are distant from you when you are travelling towards the same pole at a greater speed than them.

Dreaming is based in fantasy and planning is based in fact. There has to be a balance between the two or nothing is achieved. We need to know what we can and cannot do because we cannot do anything and everything. What we are capable of has to match our desire and interest. It is important to find what we love to do then do it. I would that everyone could work to their capabilities and strengths and feel fulfilled for doing so.

The desire of our hearts tells us what we can build as our reality but this takes ability and effort. When we look to incorporate other worlds into our desired reality we need to be careful.

Travel through spiritual terrain is on the arrow of destiny. It flies straight and true towards its destination, cutting though distractions at such speed they do not exist.

Travel through psychic terrain is a slow meander so the tongue can comment on all the eyes, ears, nose and fingers comprehend. Everything exists because everything is seen, so everything entices.

Psychic Distraction

The mind is receiving station, but what does this mean?

You are human and you are spirit. Recognition of what makes you human and what makes you spirit comes through the mind; your human nature taking precedence over your spiritual nature.

Care has to be taken that you do not view to be your spiritual nature what is really part of your physical nature. Doing so brings disappointment and a feeling that you are not worthy of what you seek to be or seek to achieve.

What does the mind receive?

The mind receives first what your heart is deeply attached to; what it yearns for and desires, for your deepest desire has the greatest energy to transmit and receive.

When your mind receives information relating to yourself and your physical life it is because your heart has a deep interest and concern for your etheric, physical life. This information embodies past events, desires, hopes for change in the present and dreams or plans for your future. It includes people associated with your past and present plus those you think can help you mould your future.

Psychic is a description of physical, etheric worlds. Its information is readily available and is often seen as prediction or the presentation of events relating to your thoughts, dreams and plans. The line between dreaming and planning is blurred.

Your spiritual nature is self-reliant. It knows it provides everything you need for life. It knows it is able to bring to fruition everything that relates to what it is. When the deepest desire of your heart is to live according to spiritual truth, working through the soul, the drive of your spirit creates the life you wish to have while keeping your mind open to changes of energy that lead to a change in direction when required.

Life is changing minute by minute, its direction according to your learning, effort and comprehension of truth. Only your spirit knows the direction of its driving force but it is difficult to communicate to the soul that can transmit to the mind on its behalf when the soul is busy relaying information about its history and its present condition in physical life.

Before your spirit's communication can be relayed its presence has to be acknowledged by the receiver, the mind, tuning into its frequency.

When you desire spiritual truth from deep within your heart evolved spirit, who is positive to your negative, communicates the way and the direction of such learning. By showing the way, it teaches and guides, responding to the desires of your heart that you express through your questions.

Your spirit within is difficult to reach but evolved spirit communicates with it and so can read your life, communicating truth succinctly. This can cut to the heart for a mirror is being held before you so you can see yourself as you truly are.

Confidence and certainty can easily be replaced by psychic distraction but the Sword of Truth from evolved spirit, with its accompanying teachings and guidance can cut through psychic distraction to reveal confidence and certainty.

Year Four

Introduction

In this fourth year our worlds and who we are blend more strongly. I see Death, not as a sceptre that has removed the presence of love from my life, but as a conduit for love; a gentle presence that escorts him on his journey to a greater world of joy. Death took him gently by the hand and guided him to the path of his new abode, introducing him to those who greeted him. The transitory Hand of Death passed him to the Hand of Life so never for a moment was he alone; unembraced.

This journey he has made has illumined my experiences of love in a way that is greater than I would otherwise have known. He is now leading me to a junction from which I can take a new and independent road with a light heart. Along the way he dispels my fears and reinforces my strength, ensuring my footsteps are steady.

In the beginning of this journey he is on every page. With the passing of these four years his Hand of Love more frequently passes me to the Hand of Truth so never for a moment am I alone; unembraced.

My soul is speaking to me as it celebrates its life and I blend with love in this moment of time.

When My Time is Over

What do I own?

I rent the land I walk on for a time. While it is in my care I nurture it, enhance its beauty and return it replenished when my time is over.

I use the Earth to build my house and so the Earth provides my shelter and comfort. I fill the house with what pleases my

eyes and I smile with the Earth for this harmony with her. I give the house to another when my time is over.

I use the Earth to replenish my body. It provides medicine and the rocks that heal me. It provides food in conjunction with the rain and sun so my body may be healthy until I return it to the Earth when my time is over.

I come on the wind with the breath of light that carries me to the Earth. I leave on the wind when my time is over, but I am still alive.

My life on Earth is but a day, and only what my heart holds remains with me as I leave when my time is over.

The Earth, the sun and the rain share their essence with all of us, and we are many.

Many of us seek to own where we rest, what we eat and what we wear. We close our eyes to each other so we do not have to share. We close our ears so we do not have to hear cries of want. We close our hearts for we seek to own people. We jealously guard everything, but empty-handed we leave on the wind when our time is over.

Our minds love what we see and use during this day then dissatisfied discard all and rent another. Our minds love what we taste during this day then despise it and taste another. Our minds love a person during this day then empty turn to another. Our minds want, seek, own, guard and accumulate then dissatisfied, discard.

Your heart is constant; loving freely forever all that is good; loving all forever when purity is apparent. As your heart expands to capacity its love overflows to the wind and travels with you when your time is over.

I am given words to lay down. They pass through my mind, touch my soul and continue on their journey, carried on the wind for all who would pluck them from the air.

I am given visions that attach themselves to the words to illustrate them. They pass through my mind, touch my soul and continue on their journey, carried on the wind for all who would pluck them from the air.

I am given love, shown humility and led to purity. With luminosity they colour the visions attached to the words. They pass through my mind, touch my soul and continue on their journey, carried on the wind for all who would pluck them from the air.

I have known love; that outpouring of the creator. Because I have received and given love it is a natural part of my life. I do not wish to live without love. Its constant presence is a way of life that does not need a personal relationship, for its presence enhances how we live.

I have a request for love.

May I learn and understand more of your qualities? May my life reflect these qualities?

Presence

Your presence fills my heart. Your presence fills my house. Your presence fills my world. Our love is alive; moving and weaving through both our lives and I am closer to where you are than to where I am.

How do I do this with people who are here upon Earth?

Have no personal life. Let your heart fill with love but for no particular person. Stand alone and exude its overflowing to all who come near, without seeking for any to be special to you. Do not react to your environment or those in it. View all events in the same way, their being harbingers of philosophy for you to understand; providing a stage for you to consolidate the foundation of the springboard from which you will leave the Earth when your time comes.

Let your spirit rise and become the creator of your physical life for this is meant to be so. Etherialise your material life and the loss of a personal life will be no loss at all. Your ears shall hear more. Your eyes shall see more. Through all your senses, your experiences shall teach you.

I shall support you in your daily life. I shall encourage your thoughts to ascend. I shall encourage you to accept simplicity. I am helping you lay the path you will take when you leave the Earth and our work together resumes.

I live in the city, yet enjoy living in the country. I enjoy travelling, yet never have the need to.

As human beings we adapt to everything that is constant. I would that we only adapt to the constancy of goodness. I would that we only find the greatest of goodness in what is available to us and make this our way of living. I would that we listen to our spirit and the hope it presents to us for our spirit knows the way to live with goodness wherever it lives.

Your spirit embodies goodness and can live anywhere. It is nomadic and wants to fly.

He has been on Earth. He has left his mark. His footprints are laid and others may follow them. The legacy he leaves is pure intention for good and this is worth responding to. Let us each follow this way and leave a mark of pure intention for good that others may follow.

My World

The world you are seeking to create is already in existence since the beginning of time. In the varying layers of spiritual life man lives after the passing, constructing some aspect of the perfect world as created in the beginning of time. He works on the blueprints in spiritual worlds so upon his entry to physical

life, through this known inspiration, he can construct a replication of an aspect his soul is already schooled in.

This is how the work of creation continues. By doing as much as humanly possible upon Earth during a lifetime you play a part in recreating the world according to the spiritual blueprint, for this must be and will be.

We are all part of a major workforce. The aspect of spirit that is our original seed of life must express its nature. The root of its nature is involved with creation because spirit comes from a creator.

We, the human family recreate each world we inhabit so it can house our spiritual nature. What has happened to Earth in this process is a painful departure from our spiritual destiny, and this we are all working to repair.

Educate, and through education, heal. Write your books. They belong to destiny. They are of value because they show the progression from hearing the first spiritual murmur to communicating philosophy and understandings with as much ease as holding a conversation with another human being.

You ask where I am.

I am in a world just as Earth is a world. Although of a lighter vibration it feels the same to me because my lighter body corresponds in nature to this world I inhabit, but it is lighter in comparison to physical life. Because our souls are attached to what is happening upon Earth we remain in the spiritual blueprint that resonates with and interpenetrates Earth life. Accompanied by those who follow the visions of the spiritual blueprint for Earth life, we live according to this perception.

This is also so upon Earth. Some places host cities of concrete and other places host mountains, trees and rivers. Some people live according to the laws of nature, listening to their souls and aspiring to improve all they touch. Others seek to harm and destroy. Each person has a unique experience of

Earth life that is an adaptation of what has been prepared by the soul; its blueprint an etheric counterpart of what is spiritual.

On physical Earth it is easy to forget that what spirit has already created initiates what follows. All that is physical has an etheric counterpart that is formed first; not only the physical body of man, but also the planets, stars and sun. Each person creates, with his thoughts and actions, the world he lives in. They are the counterparts that spring from the foundation of a spiritual world.

My vision of Earth life is being prepared now. You are part of that vision. The aspect we worked with together is continuing in both worlds. You know the world I am living in and what I am doing because you know my perception and vision of life. Be at ease. Write with purpose, understanding where I am, what I am doing and why what you write has a part to play.

Why is striving for material success not enough? What is driving me towards this different life?

These are questions asked by many thousands of people over the years and because of this these questions are relevant, not to be ignored even when not understood. They are the first signpost in a journey that is made alone, outside generation and family life; a journey that belongs to the regeneration of the soul.

First you learn how to stand strongly between two worlds. Then you begin a journey that wants nothing from anyone. You become happy to be in either world, knowing your purpose is not to take but to give something to whatever world you are in. When you put in place in the physical world all you learn from the spiritual world, strength is consolidated in your soul and remains with you in both worlds.

The lives of human beings upon Earth are as varied as are their minds. Some people achieve greatness, some achieve power and some slip into anonymity. Whatever their position in life all people have a story to tell. The nobility of the human spirit is found everywhere. Courage and strength are found everywhere. Love, humility and unselfishness are found everywhere.

In all positions in life the virtues of the spirit of man can become apparent.

Positions

Material values incorporating economic and intellectual capabilities are the criteria for achieving elevated positions upon Earth. At any one time there are billions of people upon Earth and this large human society is constructed in a hierarchical manner based on the pyramid structure.

Decisions are made at the apex and tasks are allocated to each floor which becomes more populated as the foundation floor is reached. The more menial tasks are done by the greatest number of people. Elevated decision-making positions are secured by people who are born to the positions, through inheritance, by people who have the wealth to buy the positions and by people whose acumen or opportunistic skills enable them to rise to the positions. Through the circumstances of their birth individuals are relegated to a particular floor in this structure. All is written in the stars at this stage of evolution and most individuals do little to change their position.

The process of birth and death is the same for all and material constructs fall away at these times. The goal is the same for all who come to Earth, whether they realise it or not: *to elevate humanity*. Education of man's journey in life is of paramount importance at this time. Let each person learn of his way and expand his awareness so the goal may be

achieved. This is the time for people to lay the foundation for larger groups to follow.

Physical goals create life on Earth.

Spiritual goals create the way physical goals are achieved.

The human body is a precious vehicle for the spirit and soul of man. Its health needs to be treasured for although the physical body has strength it is vulnerable to injury. When the heart is listened to, what can and cannot be done becomes clear. Reaching an elevated position in life creates an opportunity to inaugurate change for good. Whatever is actuated affects generations to come.

Let all that is done be for the good of all. May enlightened individuals with progressive, spiritual values that do not have wealth and intellect as a driving force be part of each level in the pyramid of life; from the humblest to the most elevated.

A vision of a quiet peace in the world heralds the arrival of peace. The hour or the day is not known, but it will be so when this vision spreads to the hearts of many.

I love to eat at a particular organic café. The chef makes beautiful soups and puts them aside for me. When I take out his food and eat it at the beach my body is nourished. I look out to the water and my soul is nurtured. Whether exhibiting a glass like surface or turbulent, choppy waves, always the sea is beautiful. Always it emanates life. Always I am invigorated by her display.

Universe

Universes are born with purpose. Within each are experiences for the expanding consciousness of the human spirit. Each universe is a mansion in the kingdom of life, but before the universe is, before time and space is, there is a creative principle; a source of its life.

We can reach a full understanding of the universe we inhabit for we are capable of much. The sound of who we are resonates through our universe and contributes to what it is becoming. We travel through time and space, making our way to a gateway that leads to another universe that is to be our new wheel of life when we have mastered all that is within the universe we are experiencing now.

We do things again and again until we get it right. Through memory we live experiences again. Physically we live experiences again. Spiritually we live experiences again. All are relived until we reach the destination point that is the gateway to the next cycle of experiences actuated with the next turn of the wheel. When we get things right we reach the gateway, but not before.

I walk through time with greater observance and my daily life teaches me; its events sharp and clear. I receive guidance that encourages a renewal of strength in the emergence of a new focus.

I have eased into the writing life so I have purpose again. When I write he is here, with purpose. When I write the teachers are here, with purpose. Writing is healing me with its fulfilling solitude. I am being renewed as I am being taught.

Inner Reflection - Guidance 13

I feel emptiness within. Grief has driven me. It has filled my every moment. When it dissipates what am I left with? What do I fill the emptiness with?

This is a replication of a vibration you faced in the past. What was the result then? A door closed and another opened. Do you not know this will be so again?

Emptiness can be a time of reflection, a time where the patterns of an old life no longer manifest so no longer have meaning. A new pattern is not yet emerging so this is not a time

for activity. It is a time for inner reflection, a time to renew spiritual strength.

Has companionship ever filled emptiness or is the space awaiting a spiritual destiny?

Look to your heart and what it has experienced. Know that while you have life your heart will experience more. Look to nature to soothe your soul and body. Calm your mind and know that your time alone is to prepare you for that part of your journey that is to be travelled alone.

This time will not be lonely. On reflection you can see you have always travelled alone. Only moments had been filled with companionship. Following times when a greater amount of time was shared with another, one has always had to leave. Although you shall have stability in your aloneness, you shall have moments of time that you continue to share with another. The waters of life are deep and can yield many secrets; their discovery a form of art, like a painting on a canvas.

Why is that part of me that gives me life so veiled; so deeply ensconced within?

How can I not know the real me?

Is this why so many people say, *I want to find myself*? How can what feels like me only be the surface of me?

Physical life tells you that it is all there is but your heart murmurs something different. The best of who you are does not reveal itself on Earth. Your spiritual nature that lies within is so glorious and its light so blinding it has to veil itself from physical eyes but you can discover its greatness.

Spirit Within

Born to Earth for various reasons, you become attached to its ways. During your time on Earth you forget your other

habitat where you live more frequently. Your contact with this other world is often only a vague, disjointed memory, relived through dreams; your soul the only finer part of yourself you can contact; your spirit beyond your perceptions and reach.

You reach towards elevated spirit so you can learn about possible personal contacts with the greater life and have a chance to learn aspects of this life that is beyond an earthly, human perception. You reach for the unknown from what is noble within you. The contact you reach is the destination of your spirit even though you may not know or be aware of it.

The same process takes place with scientific discoveries. The germ of an idea is born and the search for where it can lead is undertaken, resulting in a discoverable outcome. This process is how humanity expands its knowledge.

Most memories of Earth life travel only a short distance with the soul when you leave Earth during sleep, meditation, and death. They travel no further than the Earth's etheric counterpart which contains all thoughts and experiences of Earth life and they have little to do with the progression of your soul.

When you come to Earth you pick up memories of your choosing and they influence the progression of your soul on Earth. It is like walking down a street you lived in as a child. The familiar surroundings produce a host of memories you thought you had forgotten.

As a human being you have a personality that enables you to relate to and react to your physical life which you comprehend through your senses. Your personality enables you to live in the socially acceptable manner of the country and culture you are born to. Personality enables you to socialise for it allows inter-personal connections.

You can experience things many times because you can relive them through your thoughts. Relived memories are not always accurate because your mind can reconstruct events in

a way that brings personal gratification. In this way memories of physical life are either weakened or strengthened. When they are strong and numerous they become part of your soul and help anchor it to Earth, increasing the difficulty of leaving its material influence.

The spirit is not personal as is the soul. This is why the spirit is not easily recognised or contacted. Its components are not made of earthly materials, unlike your soul, which is made of parts of all life and places it has experienced. Your spirit may be likened to the gaseous state of water. Your soul may be likened to the fluid state of water. Your soul has experience of your spirit in spiritual realms but it is difficult for it to process this part of itself while you are upon Earth.

Experiences can teach you to adapt your life to spiritual values and focus on a purpose in life that is more than material purpose. Doing so lifts a veil from the soul.

What is this veil?

The veil is a cloud of wrongdoing that is irrelevant to the soul's greater journey. Lifting from the soul, it opens a doorway to the capabilities of the spirit. When a veil falls from the soul a finer veil closer to the spirit also falls away.

A glimmer of the spiritual light can then penetrate the soul. This increased glimmer of light from the spirit is a further translucence. It is an increased perception of something beyond here and now. It is experienced as a shift in focus; a shift in awareness; a shift in yearning and desire; a lightening of your step; an adjustment to your direction of travel.

As you seek truth, you tap into the resources of your soul, seeking to lift the veils of material wrongdoing to allow the veils covering your spirit within to also lift.

How can meditation help remove the veils so you can contact your spirit within?

Many times you hear, *Look within. All you need is within*. But although your spirit within is able to influence your material life it has no real voice that can be heard when the physical experience is dominant.

You meditate. You dream. You have visions. When you close your eyes to meditate in the silence, they seem to be open. You seem to be looking outwards to another world, through a doorway or screen of light. You are travelling the path of animating light and love that gives you light. You are looking beyond yourself. Places and people may be seen in front of you or you may be aware of them around you, but all is still outside yourself. *You are speaking to your soul*.

You speak to elevated spirit outside yourself. Throughout inspirational contact with evolved spirit you remain aware of yourself but self does not have your focus. You are able to write words, hear voices and see pictures as you write. You remain aware of your surroundings and at the same time you are aware of other forces around you. You remain a human personality anchored to the Earth. You continue to see the tasks of Earth life as being all-important and so you remain sane.

To connect with your spirit when you close your eyes in meditation you have to go inside yourself. This is similar to physics. You have to break into the atom of yourself to find what animates you, what animates each cell and particle of yourself. In such a moment our minds can meld. In such a moment you are unaware of self, but only for a moment. This is one of life's great mysteries; a process on life's journey

Can you do this? Are you ready to do this?
What will you find? Can your awareness return?

The path to your spirit within begins with your reverence for all life in the world you know; reverence for people, plants, animals and all that is natural in the world you live. Who brings

the rain? Who brings the wind? Who brings the sun? Who paints the colours of all you see? Who gives the sounds to all you hear? Who gives the textures to all you touch? Who gives the tastes to all you eat?

The tapestry of life is woven around you, through you and in you. You are life and you contribute your life to all who have life. Through your reverence for life you can transcend your body to your soul. To transcend to your spirit is more difficult but you have taken a step by making contact with evolved teaching spirit.

We must have found an affinity with time to begin this journey so long ago but it is not easy to leave its clutches. Do we come this way again or has time taught us all we want to learn from it?

We have little comprehension of the meaning of time, always thinking we have plenty. We concentrate on achieving what we decide is important, not realising it can take a whole life to achieve. We reach our advanced years so quickly but what have we filled our lives with? Are our material possessions treasures to enjoy?

We look back at what we have done and we hear the words, *You cannot take anything with you*. We become troubled by these material possessions we have spent our lives accumulating. *How do I protect my treasures? Who do I leave what to? Will they continue my legacy?* There is little time left to change direction and it is hard to change habitual patterns of thinking.

What can travel with us when we leave this physical life?

With an eye on our future destination, in conjunction with acquiring our material possessions, we should build up treasures that can travel with us when we leave physical life. We just have to remember to do so. They are the treasures of

spiritual qualities of goodness that accumulate as we draw on our essence deep within where it is protected from earthly ways.

Treasure is always hidden from the sight of the profane. Your journey of life is one of securing the treasure house within you so no-one can tear it down. Earth is your temporary reality and it can consume your every moment. You have to want to secure your treasure to be able to because the path to its hidden lodging is disguised so thieves cannot find the way. It is only shown to those who wish to increase the seeds of treasure they have, not diminish them in any way with wrong living.

Seeds of Treasure

You are lost and confused in the time before death. All your thinking has not prepared you for the coming journey because throughout your lives you have looked for certainties and aimed for perfection in all things. Striving for perfection only teaches comparison and this is a road to dissatisfaction.

There is no denial of a path that must be travelled. There are no guidelines except what the heart murmurs. There is no arrival. There is only learning and growing on each path that prepares the way for the next path that also must be travelled. Whatever you believe, life will continue because you are travellers through life. Wherever you are you are reaching towards the next road so prepare your journey well.

How do you prepare?

Reflect upon what you can take with you on your next journey. Your heart tells you what your treasures are. Once you identify them gather them up and check that they are in good working condition. When you find out how they work spend your years upon Earth testing them and increasing their worth.

We can say with certainty that thoughts and actions relating to accumulating the knowledge and treasures of Earth life cannot accompany you on your next journey to spiritual realms. They have no value on this road and cannot help in your travels. You can only bring spiritual treasures that start on Earth as seeds. They can travel with you as seeds, untouched and undeveloped or while you are on Earth, you can promote their growth with the conditions they need so they may sprout. You have an opportunity to return to more sublime worlds within an increased treasure.

What are these seeds of treasure that can travel between two worlds?

One seed is compassion and those who absorb its quality have already absorbed the qualities of many other seeds. Can you tell me that you do not revere the quality of compassion? Can you tell me you do not want it to grow within you? Can you tell me you would rather travel with ambition than compassion?

Why are these seeds treasures of great price?

When something has enough value to be able to travel with you to the greater beyond its presence in your Earth life can only bring you good. Its presence can only enhance your demeanour and ability to live well. Its presence can only show you the road to inner contentment and appreciation of all you have achieved and want to achieve. The presence of any spiritual quality can only ennoble your nature and increase your quality of life.

Take a moment to reflect and you will find that these seeds of treasure are the seven spiritual qualities of which the seven deadly sins are a material reflection.

Prepare for your future travels. Practise using all you can take with you then in the reflective time preceding death you

will not be afraid, lost or confused about the changing nature of life. Your heart will be open. The treasures of life will be flowing ahead of you, around you and behind you, drawing towards you others who have the same treasures nurtured from seeds.

There are many parables and stories about these seeds of treasure; confirming their worth.

Throughout the ages some things never change. Nature has always provided and healed and our hearts know with certainty that nature is good for our well-being. We are renewed through her. When we live in cities we look to rugged coastlines, mountains valleys and water for our sense of well-being but as populations expand and spread these places of nature are becoming endangered treasures of great price.

Water has reflective, calming, life enhancing qualities. When we are near water our spirits rise, our hopes ascend and our appreciation of life surfaces strongly. We look at water. We submerge ourselves in water. We absorb water. Throughout the ages we have found peace with fishing. We build ships to travel the oceans even when our desire for speed takes us to the air.

Fill your house with flowers in water and let them heal you.

Knowing and Certainty

With every thought you face a direction. With every word you take a step in that direction. With every action your speed accelerates or slows in that direction.

Life should be beautiful but where is your focus? When you look down you see many things. Do you see the stones, the rocks and the boulders that can trip you up or do you see a

meandering narrow pathway that has beauty growing beside it to allow your focus to negotiate your way safely?

Difficulties can seem insurmountable but with effort they can always be negotiated. Live as a fearless warrior when they arise and you can learn the negotiating skills needed to survive them. Difficult passages are experienced in predominantly one third of your life. This period may be the time of youth, maturity or declining years. Concentrate on how to prevail in this one third of your life for what must be negotiated is to become your reality.

Focus is on how to negotiate difficulties, not the difficulties themselves. By taking responsibility for your own actions, you are projecting into a changing future and can come to clear passage when the wheel of life turns. Once the way is cleared a new vista opens before you and the degree of difficulty is followed by the same degree of ease.

It is not by chance that wisdom is associated with old age but it has its own path. Wisdom is the result of a knowing accrued through the negotiation of difficulties and it does not come to all.

At the beginning stage of wisdom, you recognise truth. You become observant and are able to recognise what is good and what masks evil. With this clear sightedness you are able to choose which you want to be part of. Combine clear sightedness with love and worship for the source of life and your protection is assured as you follow the natural laws of the world you live in.

When your eyes are open you see the world. You acknowledge your presence in it as a personality and entity in your own right. You discipline your physical mind so your heart can reflect the wisdom of your spirit and you make decisions by listening to your heart.

This is discernment and it becomes a knowing that is a reflection of you. It allows you to differentiate between

thoughts from your own mind, the voice of your heart, intentions of other people towards you and the varying voices from other worlds; all of which must be chosen or discarded.

You take your place in the material and spiritual worlds of your choosing. The place you choose can teach you and illumine your mind and heart or destroy you. Your mind provides words but you know who is speaking to you. You know their intention.

Request what you need to fulfil the purpose and goal you aspire to and your journey can become self-contained, simple and joyous. Wisdom builds its own road and its steps are subtle. One of its early steps is certainty. Certainty grows out of knowing. It has no voice and comes when strict disciplines of the mind are well-established and the heart is joyous.

Certainty is beyond personality, beyond words and beyond clairvoyance. It just is and it is within you. When you think according to certainty you act according to certainty. There is no demarcation time between thinking, receiving, knowing, saying and doing. All are instantaneous and there is no description.

With the coming of certainty your heart tells you that all philosophy you receive comes after you have been living it even though at the time you do not realise this is so.

Knowing and certainty lead you to the realisation that you no longer need to seek truth. You no longer need to look for the beauty around you. You no longer need to look for the good in people. You no longer need to turn the other cheek because you are being treated badly. Your eyes only rest on places where beauty and goodness exist. You only see those whose spiritual light is shining clearly. You only hear those whose hearts are open with pure intentions. You only know those who are living according to the laws of nature; that great taskmaster who is a true guide to physical life.

With certainty, evil does not exist for you. You are not near

it so you do not see it, recognise it, or hear it. Goodness in life is the direction of your path. For you, all else is in the shadows that do not exist in the presence of light. Certainty teaches you to go where there is good, with those who are good, to do good. All else is irrelevant.

The laws of life upon Earth work in the same way as they do in other worlds. Upon the passing you go to the place you have evolved to, places where you associate with those whose hearts speak as yours. When your heart is filled with love you are in the presence of others who have hearts full of love. When you have certainty you are in the presence of those who practise goodness. You are where you are, with those you are with, according to your hearts.

When you have certainty the world of spirit is diffusing through your physical world. You are emanating the seven spiritual qualities of compassion, humility, generosity, love, patience, chastity, temperance and diligence that flow freely between all worlds.

We contact those places and people who have the same purpose as we have and in this there is no distinction between worlds.

What is my purpose in life?

When people ask this question they are usually searching for a material goal. They wonder what they should be doing on Earth to fulfil themselves. Sometimes alone, rudderless and unable to find a direction they look for a teacher or philosophy of life that can show them their passage.

I look to my environment because I am here. When I note the workings of the universe fulfilling its destiny in its reassuring, continuing patterns I know I am here to do the same. I am contributing to the whole in some way and it does not matter that I do not always know how.

I look to my environment to teach me. The Earth is so much more than me. She has greater wisdom, having hosted humanity for a long time. She knows all our ways and regardless continues in her own way, relentlessly following natural law.

I must do the same. I must follow natural law. So I become observant. Life is all around me so life is my teacher. My purpose in life is to realise and follow life's capabilities so I can realise and follow my own.

When I have a material goal to achieve life provides all I need to achieve it. My task is to become what I need to become so events for goodness can actuate. What I need to become is my choice and it dictates the direction I move in. I follow the destiny of my choosing.

Which is more important; the goal or the person you become to achieve the goal?

The Message

Down through the centuries and through the generations people come to Earth to speak and write the message for humanity. Each time it is spoken and written in the language of the day; in terms that speak to the lifestyle of the people. The words are coloured to address their everyday lives and their places of interest; their workplace, their homes and places of leisure. Through the way they live people contribute to the welfare of humanity and the Earth.

And so speaks the Earth:

Treasure all forms of life I support. I give them to you so you may surround yourself with life and feel more alive. Treasure my gifts and they will increase your vitality and joy. Place them where-ever you place your concrete for there is room for both.

Place them where-ever you live; where you sit, walk, stand and lie.

The plants, grasses and trees move the air you breathe. The animals teach you my language. The colours of my plants heal your tired eyes. The sounds of all that have life laugh with you. I give you your food so you may grow in goodness. Let me continue to lead you in my natural way for through me you can receive your joy of life.

When he was alive we had all the time in the world. We lived in the continual present that was going to last forever. Now he is no longer here the time we had seems fleeting; the years over in a moment. I view our lives from a different perspective now; the time we shared only a part, not the whole.

You never own a person. A healthy relationship is neither dependent nor co-dependent. It is complementary. This allows the seeds of confidence and courage to be planted so their growth can enhance all that is latently good in all parties. In this way nothing inhibits the spread of the eagle's wings.

A friend is someone who is helpful and has our best interests at heart. He was a true friend. He is a true friend. His qualities match those of the spiritual teachers in whom all that is magnificent is magnified. What is communicated to me from them all is encouragement to continue in my never-changing goal: an independent compatibility with truth.

Independence

On Earth it is difficult to find true support. It is difficult to find a true friend. It is difficult to forge your own path without being judged because your independent path appears selfish. It is difficult to walk away from dependency and co-

dependency because people do not want to walk away with you.

As an independent person how can I find love, support and encouragement?

Only on the path leading to independence do you need love, support and encouragement from other people. Once independence is achieved they are irrelevant to your journey. Acceptance comes with support and love from unseen worlds. It is given quietly and continually because it encourages independence that needs no approval.

How do I know and comprehend unseen worlds?

We walk by your side continually. Someone is always with you. Our love makes the shared past a stronger foundation. Unseen by physical eyes you know we are here because in the times of our absence there is a space that cannot be filled. This space creates an empty corner in your heart and a pang of loneliness fills it. Because of this we do our best to always be there. In our absence we send another.

Our joy and love is contagious. Ensure your health is strong so you can always recognise our continual presence. Let your health slip and the pathways of communication are not so clear because physical thoughts travel more easily along unhealthy pathway than our communications.

Part of you continues to live in an unseen world even as you live physical life. Your spirit is extraordinary and lives according to a greater law than physical law. From your finite perspective the spirit is able to be and do the seemingly impossible.

Remember the words *eternal* and *immortal*. They are part of your vocabulary for a reason. They portray meanings that do not belong to physical life. The existence of these words in

your culture is proof that the philosophy of their meaning has been explored for a long time.

Throughout history people have experienced unseen worlds while living a physical life. Just as the life of one culture in one country is different from the life of another culture in another country so also are the experiences of the unseen worlds from which love and support is available. It is possible to be more receptive to what you receive from these worlds than to what you receive from people on Earth.

You do not need to feel unsure when you interact with people on Earth. You do not need to ask questions. *Do you love me? Do you want to be with me?* When you discover courage and confidence, they are treasures that make such questions unnecessary. Allow no man, woman or child to erode your confidence and courage.

By receiving love and support from us and giving them to others one day you realise you no longer need or look for approbation in your physical life. You have love. You have confidence. This is a good realisation and it brings laughter to your lips.

I look around the Earth and wonder at our social structure. We are living in uncertain times. The Earth is making her presence felt. Work and income are uncertain. I want to see goodness flourish but poverty, hunger and violence remain.

Although there are many people upon Earth they should all be able to make a good living doing what fulfills them. Everyone has the right to work for a good living, not an extravagant one, just a good one that supports their needs rather than their wants. I turn to the teachers with questions I have been asked.

Greater Picture

Why are there so many people upon Earth?

Why is there so much evil upon Earth?

Wherever there is life there is a balance between all contributing factors that support life. The relationship between the abode and the amount of people is such that the life of all can be supported. Although it appears there is much evil upon Earth there is always a balance between good and evil in any one moment, with the balance in favour of what is good. This balance between good and evil belongs to the Scales of Justice; its path the transposition of evil into good.

Souls with a propensity for good and souls with a propensity for evil come to Earth in numbers that maintain an ordained balance. Evil has just become more noticeable because of the large numbers of people living in these times and their focus upon it.

Let us look at the state of affairs in this time. Many people are suffering poverty and violence. Many are living at a starvation level even though the Earth is capable of supporting all who live upon her. This is not happening just because wealth is unevenly distributed. This state of affairs is part of a larger picture. National and personal boundaries are dissolving. As national boundaries dissolve people move over the planet at will, frequently congregating in cities. Ethnic boundaries are dissolving because the foundation of philosophy that influences people's behaviour is disintegrating. As personal boundaries dissolve people behave according to their personal will and selfishness and greed become apparent.

The population is out of control with a continuing emphasis on individual rights even though not everyone projects ethical, philosophical and behavioural discernment. The freedom associated with individual rights is not always accompanied by responsibility so obsession with self-will is rife.

Why is this situation the present state of affairs?

When we look at the wider picture we see the cycle of birth, maturity and dissolution taking place in the universe, the solar system, the planets and humanity. For the sake of discussion let us imagine this cycle lasts 300 years; 100 years for each phase. In reality this cycle may last millions of years. All of humanity is associated with this 300 year cycle; each individual experiencing Earth life in one of these phases over a large period of time.

The presence of humanity in a phase of birth, maturity or dissolution allows metamorphosis and each spiritual family leaves a phase as a whole. No one is left behind. This is what promotes an inborn desire in individuals to help others. This desire is a natural part of all people; hidden and buried in some and apparent in others.

The over-all philosophy of life in any place follows universal law. Birth, maturity and dissolution provide a structure for the journey of all life to move through. The different phases produce the required setting necessary for growth. It is a cycle that provides opportunities for metamorphosis. It allows change and movement towards a new phase once the affairs of the existing phase are comprehended.

The individual's life is a mirror of this cycle. Birth is dependency. Maturity is strength. Dissolution is a gradual decline into old age leading to a metamorphosis; the passing of the spirit to a new world of life, preferably with an expanded awareness.

According to this law civilisations and cultures are born, rise to the heights of their capability and then disappear. According to this law human beings are born, mature then die. Regardless of individual progression and evolvement, this law operates.

With the same law in mind, let us look at the rise and fall of cultures. As each nation rises it does so from a foundation of mutual benefit. A leader needs the people to support him and the people need a leader to provide a safe structure for them to live in. This mutual consideration produces loyalty to each other because an exchange takes place.

During the maturity phase of the cycle the people recognise and accept their position within their culture. Laws create barriers they cannot cross. The people are given a position in society that provides food, shelter and protection from harm. Expansion of the culture is apparent and peace is predominant. Dissatisfaction from either the leader or the people heralds the beginning of the next phase; dissolution.

When we look at life we see many of these cycles. From humanity's perspective the cycle experienced by the Earth is very slow and takes place over an unimaginable period of time. Within this cycle boundaries between land, sea and air are constructed, strengthened and removed.

Civilisations are born, mature and disappear. Cultures emerge, strengthen and fall into dissolution. Humanity living within a phase finds it difficult to comprehend how many of these cycles of life he is participating in.

In present times, on the cusp of the Age of Aquarius one phase is apparent as it heralds dissolution of old beliefs and the birth of new ways. At the time of dissolution boundaries collapse. Those in other worlds who are hypnotically and etherically bound to Earth hover in abeyance, awaiting an opportunity to again come to physical life using the Law of Attraction.

Conception takes place frequently, unplanned and under the influence of drink, drugs and violence. At the appropriate time etherically bound souls seize these opportunities to again experience Earth life. In numbers they come to Earth for the sake of experiencing the pleasures of Earth life not for the

cause of humanity's progression. Unplanned populations expand at a rapid rate.

Without a philosophical foundation there is no apparent educational structure that teaches people how to choose a propitious time to bring new life to Earth in conditions that promote all that is good. At the time of dissolution such opportunities lessen even more.

Even people with good intentions and good hearts do not always understand the propitious physical, mental and emotional conditions to bring advanced spirit to Earth. They initiate conception in bodies that are not strong enough to house such spirit.

The basic philosophy that is needed to encourage advanced spirit to Earth, capable of advancing the cause of humanity, is no longer apparent. Without the barriers and structures of cultures populations expand rapidly. When civilisations have no boundaries their expanding populations move across the Earth absorbing other cultures into their ways.

Hunger, violence and greed have to be eliminated for a metamorphosis of beauty to take place within man. A time will come when everyone either grows in beauty and enters a new cycle or disintegrates, losing memory and all individual conscious awareness.

One way to dispel hunger, violence and greed is through education and the tasks facing those with a propensity for good must adapt to existing conditions. All people can learn that the desire and effort of the individual is important. Every thought and action that has good intent benefits humanity for none of us wants one person to be left alone in the dark. Each life has meaning and purpose. Each life can contribute to a structure arising from a strong foundation of good.

Should every person on Earth influence one person for good, the direction of humanity will continue towards what is good and by doing so eventually eliminate what is evil.

Why are structure and barriers important?

The souls of every man woman and child have experienced both good and evil following the fall of man into selfishness. Because of this there is a continuing battle within the soul of each person. The way of selfishness is easier. It spawns laziness and produces retrogression. The way of good is more difficult. It requires education and effort to advance but work is productive, useful and progressive when it is work that brings expansion of the mind and heart.

Let every man, woman and child find the path to work that mirrors the desire of the heart. Let work once again fulfil the needs of each so it provides, not only the necessary wealth for life, but also a desirable and constructive living filled with purpose.

Every individual is of equal importance in the greater picture of life.

The workings of the universe are inspiring. What I need always appears but for a limited time. This must be so with everything for we never know how long situations and relationships are going to last. This could be one way we are taught to live in the moment of now.

During the time when I do not want to go out an assistant in a local store I frequent always runs over and opens a checkout for me so I do not have to wait in line. He cannot do enough for me and I do not have to talk as he chats happily .With health and confidence on the ascendant once more, when I return to the store the same assistant does not engage with me in any way. He does not remember me or really see me.

I treasure the capability of being visible or invisible, depending upon the need of the moment.

The universe wants each of us to find our own way for the way is different for each. The universe wants us to accept responsibility for what our presence contributes.

Is reaction to conversations and incidents justified?

Does my reaction affect other people's responses?

Is it better to be non-reactive?

Without a word being spoken your presence invites a reaction because who you are emanates and reaches all within the radius of your influence. Only those compatible with your emanations acknowledge your presence or respond positively. To all others you are invisible, to be imposed upon or to be deflected.

Travel Together

Your life is about the big picture and wider population. Do not worry about the day-to-day events in life or the people who are part of them. They are not your concern. What is your concern is your contribution to the bigger picture. The daily life you lead does not allow for others and daily events to play a major role otherwise what they bring will distract you from your goal.

Lend no energy to the thoughts, words or actions of others for they are not part of the essential fabric that weaves your life. Stand alone. Be alone and we shall still you are draft of wisdom that gives you purpose and fulfilment in a direction already laid. We are the people of your life forever and we walk with you every step of the way.

There is no-one on Earth you can talk to in the same way. Others would shackle our way and we are what you seek and need so you can continue to draw breath. Our love crosses what others perceive to be boundaries. Continue to be

receptive for what we both bring to each other continues to be real and possible, and in this we continue to travel together.

I have always had so many questions for the spirit world I am surprised to learn that most people do not because I never speak about these subjects unless someone asks me a question.

I look at the world, see something ordinary and am filled with questions for the teachers. They always respond, sometimes with a few words and sometimes with a teaching. Many questions surface in the shower. I was always saying, *Hold that thought. I have to dry my hair.*

Everything is more relaxed at this time. Instead of having to sit down immediately to receive a teaching I can wait a little while. The threads of the teaching lodge in the back of my mind and when I am ready with pencil, recorder or keyboard I can produce it. It may not always be this way but at present it serves me well.

Thinking

Why do people think so much?

All thoughts that arise spontaneously or randomly relate to physical life; its events and people. These thoughts are negative. This is so because all that is physical is negative to the spiritual which is positive to the physical. They have a relationship because the mind of the human being is capable of housing both and everyone has experience of both.

When the thought of another person comes to mind it is a thought of concern or dejection. It can be expressed along the lines of, *Are you alright? Are you well? How are you?*

To find out more about the life and emotions of another person, either conversation or tools like cards, tea leaves or ESP are often needed. Information gleaned is about physical life and its emotions.

The physical mind does not spontaneously receive positive thoughts. Positive thoughts are relayed from a spiritual presence or place of goodness and they have to be directed to you. You can only receive them when that goodness already has residence within you.

For example:

When you are a joyous because you have achieved something wonderful through your own efforts you have to tell other people about your happiness through your demeanour or spoken words, otherwise they know nothing about your joy.

Thoughts of goodness and joy are relayed from spiritual places of goodness and joy first, because goodness and joy belong to these places. The human heart recognises them because it has contact with spiritual worlds. This goodness and joy is not the self-satisfaction of ego arising out of some achievement that seeks recognition, fame or glory.

When you are dejected because of disappointment other people can receive these thoughts. They then contact you to see if you are alright.

Thoughts of physical life come because you have a relationship with the person or place you are thinking about. They impact upon your life in some way. When you no longer receive thoughts of a person or place your relationship is over.

People think about others from previous years. This means the relationship is not over. Their company or a conversation is still desired. This may or may not happen. It depends upon the strength of the thoughts and whether these thoughts remain with both parties.

Sometimes paths nearly cross or re-cross over a period of many years. Two people destined to have an opportunity to meet may frequent the same places over the years but remain separated by time. Once a common thought is apparent the tie is formed and the meeting can take place. For example: the

mutual thought may present as a desire to go to an influential lecture that both become interested in at the same time.

Why can I not talk to people about the teachings?
Why can I only talk to the teachers in spirit?

The attraction of thoughts throughout Earth draws people of like mind together but these thoughts relate to physical life. You are not seeking to incorporate these teachings into your physical life as lectures, talks or readings to draw people to you. Because they do not exist in your mind as thoughts you cannot attract interest. These teachings stand outside you. You are seeking for them to *be* who you are and the essence of their spiritual nature is only communicated through the spirit. For this reason you want to talk to spirit although *talk* is not really the correct word.

Once the teachings enter the thought processes of people the spiritual essence within the words can travel to the spirit of like-minded readers when the spiritual essence within the words match what is in the readers' hearts.

This is also how advertising works. The verbal or written word or the picture matches a vibration in the person who responds. When the airways are open for the vibration of the associated thoughts to travel through, they are picked up by interested people. This is why there is a time for everything but it has a limited duration.

Most people want to talk about their physical lives; their hopes, fears and goals. You have no physical goals and desires so there are no thoughts to draw people towards you.

The teachings can stand alone and tell their own story; unaffected by the physical thoughts or physical life of the author.

Faith is our trust that something is true even though we cannot prove it to be so.

Belief is what we accept to be true. Truth is what we know to be real.

I speak of truth yet according to the above what I speak of combines faith, belief and truth. I have confidence in the teachers who bring me the message of truth that I cannot prove to be fact. Any belief I have does not change the reality of what is. What I am given is shown to be a living, moving, changing reality in the continuing creation of life within me and around me.

Belief, Faith and Truth

What you believe in is irrelevant, often only a comfort, fitting into your constructs of life. Mostly it suits you to believe what you believe.

At some time truth knocks on your door and you find out whether what you believe is true or false. You only have to wait for events to unfold. You cannot hide from truth. You can welcome it as it presents aspects of itself or you can shut the door of your mind to it. It does not matter. Truth continues to present its various faces to all.

Beliefs are the result of mental processes and can change with events in life. Beliefs help construct daily life, conveniently adapted to what you want to think, say and do. You fill your daily lives with activities you like and expel those you do not. Sometimes beliefs are expressed vehemently; those who hold them expecting all who hear to comply and live accordingly or be punished when they do not.

In contrast to beliefs truth presents itself, not through the thinking processes, but through the inner knowing of the heart; a realisation that is the result of simple observation and awareness of the joy of life. Sometimes it is too hard to live according to what you believe but you always want to live according to what is in your heart no matter what is there for the heart is the residence of truth.

You can witness a moment of beauty, with disbelief going hand-in-hand. For example: the birth of a child or the peaceful death of a loved one. Both events are capable of presenting awe that affects all your senses and fills your heart with the realisation that you play a small part in a large universe. When you watch the metamorphosis of a butterfly as it struggles to emerge from its chrysalis you can be filled with awe for the changing capabilities of this form of that great mystery called life.

Just as the chrysalis of the butterfly is shed your life has its metamorphosis when the physical body is shed. Birth to physical life is death to another world just as death to physical life is birth to another world; the continuing law of an evolving universe that rearranges all the particles of life.

You ponder these things and it does not matter what you believe for the reality of what is always presents itself in the correct season. You can sleep to what is not palatable. You can be alert to what is, but your reactions do not affect what is. They only affect your ability to see or experience what is presented. When you are ready, you do so.

Beliefs belong to Earth life and are as varied as the minds involved with Earth life. Beliefs can give you something you want; some purpose or position. They can attract others; a community that gives you social interaction. They can also isolate you so you do not have to test your confidence and self-esteem when it is low. Beliefs give permission to participate in or evade the community of Earth life.

Truth brings a knowing that its unchanging essence is constantly expanding. Truth is not constructed to suit, as is faith. It is an expression of the real inner self, that part of you that is unchanging but evolving. Truth is not reliant on thoughts, emotions or the way you live your life. It is part of your being.

Truth begins with believing that you are an important part of the universe and all life in it; believing you have an important job to do; believing you are worthy of the life you have been

given; believing you are capable in the places you find yourselves. This belief develops into the faith in your ability to find your purpose and possibilities in this life and universe. You can then have the same faith in the possibilities of others.

Truth knows that all good and all evil participates in the process of change and metamorphosis. Truth knows that the eventual outcome will be as it should. Faith can understand the nature of truth so it can see and accept beliefs, understanding what they are. Truth can then be welcomed for what it brings.

What is the purpose of faith?

Faith encourages you to recognise the truth you must accept; that each person has a rightful place in the universe.

What is the purpose of beliefs?

Beliefs can help your struggles through a difficult period until strength is consolidated within and truth can be faced.

What is the purpose of truth?

Truth is a harbinger. People and events present it when you are ready to see it. It may be palatable or unpleasant but once accepted it always becomes part of your inner being. It is always the Living Word.

Truth is an unshakeable foundation built on the Rock of Ages. Its unchanging but expanding nature is a permanent part of the structure of our lives. Its permanence provides hope and love for all human beings who want to be a part of something enduring. Truth is enduring and who can willingly turn away from hope and love; so beautiful to receive and so beautiful to give?

Physical life is fragile and people's strength and courage are put to the test in many ways. When people we know face

the dark hour, we love and support them in the best way we can.

At the time of birth people celebrate the arrival of new life and wonder at its mystery. At the time of death people celebrate the life of the departing one and mourn their loss. At both times people come together and share the hopes, dreams and memories of the arriving and departing loved ones who are toasted with good wishes for their new journey.

Mourn then Live

At the time of the passing we have a compassionate thought for those who do not touch our hearts, but we mourn those we love. This is the natural way of Earth life and it tells us that love continues. Love that continues is not the empty space that is left behind affecting the beloved who remain. It is the attached chord that is never severed. It is the continuation of shared experiences even when the beloved remaining is unaware that this is so, while wishing it were so.

Should love not survive physical life emotional experiences of death and grief would not exist. Although grief mourns the empty space love remains with the beloved on Earth, at the same time as it travels to higher realms; the direction of its birth.

When we move beyond the personal loss, felt through the empty space, the widening capacity of love opens a door to a new way to live; a new world.

It has always been my determination to move in a new direction laid by the universe and not linger in the past. I still see him in the faces of people I pass in the street. Maybe I always look for this, but today is different. I see his face in a stranger and for the first time I am not emotional about it.

His sense of humour has always been as large as his heart and he has a sense of the ridiculous I do not have. Rhyme? Not our forte.

Man up in the Sky

Man up in the sky
Flying through the air
Sweeping down to kiss your brow
And wipe away your tear.

Let me know when I am missed
And I shall mend the tear
Of a heart that bleeds through love and fear
That I will not stay near.

I am man up in the sky
Ready to catch you when you fall
Sweeping down from high like a bird
To lighten your load when you call.

Peace has always been as important to both of us, viewed as fulfilling our destiny. I walk through the house feeling that after four years a chapter is closing. I do not want to be sad any more. As I walk down the hall it fills with doves. They sit on my shoulders. They fly around me. They speak the message of his heart. The peace they bring remains with me long after this day.

Peace is stronger than sadness. Welcome its presence.

Doves of Peace

I walk the Earth, leaving my mark for another to find and follow my way.

I walk the Earth laying my footprints for another to step in and follow my way.

I walk the Earth with a whispering footfall, the sound of my step guiding your direction. You step in my imprint. Your mark fits mine and we travel conjoined.

We walk the Earth and travel one circle together laying a wider foundation, my feet dictating the speed.

You walk the Earth in slowly increasing circles, each a measure of your intent.

Your words travel the Earth, radiating from our shared path, widening in rapidly increasing circles, crossing the footprints I have laid to draw others to the circle we laid together. Now you may speak with a full heart to another like mind. The doves I send you shall settle on your shoulders, and you shall know peace.

Will my memory of you fade?

When you do not live in the past but evolve with our changed relationship memory fades. The fading of memory is a sign of change and growth and it happens slowly when you do not focus on it.

You are no longer the person you were and I am no longer the way I was. What was important in past years is not important now. You are building a new direction in life and this is important.

I am a constant presence in some form, not reliant upon your recognition through sight. My presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can.

We are One

Let it roll. Let it ride.

A life in a seamless garment well spun

The twisting and weaving circumventing what cannot be changed.

Disappointment held at bay as human life continues as in the beginning of time.

Thoughts project,
Carried on a mist above human endeavour,
Reaching for a station,
As time rides out its purpose to a distant future.
Occupants alight at a golden dawn
And once again we are one.

Epilogue

HeartFelt is a journey on The Path of Hope that takes us into a future without the physical presence of those we love. On this path we communicate spiritually through our hearts with the face of love in a world beyond physical life. This way we do not use the physical mind that can trap us in our memories of the past.

Death has visited. His companion Grief has left his message and is slowly retreating, leaving a hollow that needs to be filled. In the wake of Death and Grief comes Truth. His welcome presence fills the void, expands the world and opens its portals to an enhanced love for life.

Many people who have never thought about a continuing life in spiritual worlds can feel the presence of their loved ones after they pass. Frequently both those who know of a continuing life and those who have never thought about such concerns follow their loved ones a short time after their passing. This was so for grief-stricken Johnny Cash who died four months after his beloved wife June.

Love is a common bond between people all over the Earth. Culture is a social structure created so people can live in harmony with each other in some part of the world. All cultures have love. All cultures have family. All cultures have work. All cultures have worship. All cultures live with nature and incorporate her elements into their daily lives. All cultures are worthy of these things.

Paul Simon went to South Africa to musically collaborate with black musicians at the height of a cultural embargo

against apartheid. Through music black and white sang and played as one. They sang their story. Their voices were one. Their hearts were one. Their souls were one. This musical collaboration had a worldwide impact. Although in the eyes of the world the time was not politically propitious, Paul Simon gave black South Africans a global voice which later became a way out of separation.

Death teaches us about life for he visits all who have life, but his ways are kind. He teaches us slowly so we can accept his performance. Every day a little of our personality dies so we can incorporate into ourselves what is new and better. Little by little what is not so good within us dies so the good within us can grow and fill the space. We need Death: death to apartheid; death to poverty; death to violence; death to hunger; death to judgement.

Death teaches us to face the harsh realities of how our physical world functions. The snake sheds its skin so it can grow. Do we completely die or just a little at a time until we shed our skin like the snake? Do we emerge from our chrysalis like the butterfly as we change from a physical form to a spiritual form?

Life runs as a river, beginning as a bubbling stream then flowing strongly to the sea where it merges with a greater body of water, its depths hiding the mystery of life. Life is mysterious. Our word for life is spirit, so spirit is mysterious.

I am spirit so I am alive. Who and what I am is a mystery to me, but I have a teacher and his name is Death.

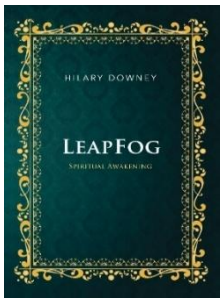
To those courageous souls whose loved ones have passed, remember, when thoughts of your loved ones come

to mind, in this moment you are together again; alive and joyful. Love communicates in many ways. Your loved ones bring memories that take you to happy times. They bring perceptions of their character. They bring sensations of being close to you. Your imagination brings love to life again.

Bless your imagination.
Bless your perceptions.
Bless your sensations.

Love brings messages of hope and joy. Have no regrets. You are doing the best you can. Love does not lessen in any way. It is a breathing, moving, living force that moulds, adapts, changes and grows. And it continues to do so as it travels The Path of Hope built by Death and Grief.

Books by Hilary Downey



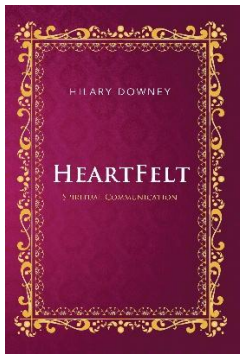
LeapFog – Spiritual Awakening

LeapFog – Spiritual Awakening - is the story of change brought about by a desire to discover truth through the wisdom of spiritual worlds.

I want to relate to the best that is within me and this is my spirit. I want to learn about my spirit and where it comes from. I want to know why I am on Earth, what I need to do here and where I am going when I leave. LeapFog addresses these objectives through teachings received in simple clear language.

LeapFog is so named because it illustrates the need to build a path through the barrier of etheric fog that lies between the physical world we inhabit and the spiritual worlds that are our destination. This inner path becomes a conduit for communication between two worlds so the voice of wisdom can be heard. We construct this path through our hearts, our minds and our souls. To do this we have to learn how our hearts, minds and souls function and the relationship between each.

"I shall give my knowledge and truth to the humble man, for love's real name is humility. My truth shall not come through the eye or ear but through the heart. The visions of the eye shall be for the doubters but the humble man shall work hard for his knowledge and live, step-by-step, each piece of understanding he receives into his heart. He shall not rely upon a vision of life. He shall live his life."



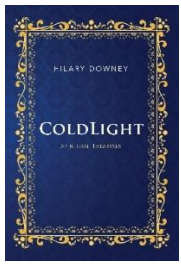
HeartFelt – Spiritual Communication

HeartFelt is the story of a four-year journey out of shock and grief - the result of death of loved ones. It is a book about accepting and bearing grief while forging a path ahead, with the help of wise and loving teachers from inner spiritual worlds.

HeartFelt is a Path of Hope - a collaboration between souls inhabiting two different worlds -| each mourning the loss of the other, while celebrating the future possibilities of both; achievable because of mutual support and encouragement.

I write of an approach in life that continues to seek direction and purpose, asking for guidance and teachings about the nature of death and the future destination of us all. Personal communications and spiritual teachings intermingle, so there are few chapters.

"I am a constant presence in some form, not reliant upon your recognition through sight stop my presence may be a memory. It may be a light, but always it is an encouragement to live. Always it is an encouragement to love. Always it is an encouragement to become the greatest you can."



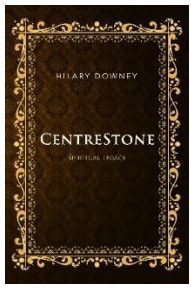
ColdLight – Spiritual Treatises

ColdLight is a collaboration of two worlds. The quest for illumination begins at the place where these two worlds meet - our hearts. Our hearts are the bridge and our minds are the interpreter. When we are young we are full of hope and plans for our lives but alone we do not always understand our reality. Sometimes we need a light to show us the way and this is the goal of *ColdLight*.

ColdLight presents thirty-one spiritual treatises that reflect spirit's deep and abiding care for all people upon earth. These treatises are designed to encourage, direct and help us understand our place and role in physical life and the greater life of spiritual worlds.

The spiritual treatises are given by teachers who have an emanating presence that is strong and commanding, strict and just. They come only to teach. When they depart they fill my mind and heart with a sense of oneness with the love and life of the universe and they replace any energy I have expended.

"We stretch out our hands to draw you on with us so we may travel together with no division between worlds, just a natural blending of life in all its guises."



CentreStone – Spiritual Legacy

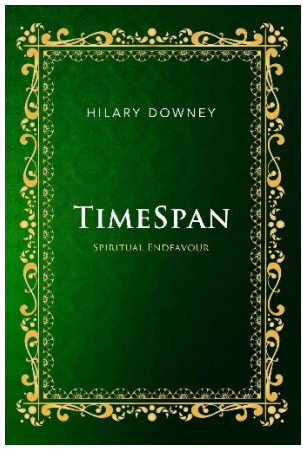
Through the symbolism of mythology and beliefs, CentreStone provides an overview of our journey to Earth and looks at our spiritual Legacy which is our heritage.

The focus of the centre stone is the keystone to accessing this spiritual legacy. Available to all people, it is reached through the buried message of mythology, the soul's memory and spiritual inspiration.

Great teachers have always come to the Earth to contribute long lasting wisdom that influences following generations, their legacy of teaching occasionally named after them. Often prophets, their message focuses upon the progress of all people stop their aim is to advance civilisation because a civilised culture embraces all aspects of man's nature. Society is then shaped by the spiritual quality of its people - their finest attributes.

"Truth is wider and deeper than the oceans of sky and water and is essential for progress to a more enlightened state.

I would not send one soul into the desert without a guiding light because the journey is harsh, sustenance is meagre and the way is confusing. Wherever the souls whom I love go, I send a guiding light to accompany them along their way."



TimeSpan – Spiritual Endeavour

TimeSpan reflects on the changing lives of people as they age. Everyone remains important because collectively all people shape society, the best of what is within them contributing to the advance of our current civilisation.

Spiritual philosophy helps make sense of the world stop it seeps into the consciousness like drops of water trickling into a pool, becoming real when applied to life, which then changes.

"You will come and you will go. You will walk the Earth and place your footsteps where they need to be. You will contribute something good and the Earth will be better for having asked for and accepted your presence. This day that is your life is short. When your task is done you will place your footsteps in a different way, but wherever you place them they are able to continue to contribute something good."